

CUYAHOGA COUNTY
BOARD OF HEALTH
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

Spring 2019

Dear Community Information Director:

The Cuyahoga County Board of Health (CCBH) would like to provide you with some basic information below that you can consider placing in any print and/or electronic newsletter from your office to the residents in your community to help educate them on simple steps to help prevent mosquito breeding and tick exposure. Please feel free to contact Joe Lynch, Program Manager, at (216)201-2000 ext. 1241 if you have any questions. Thank you.

The Cuyahoga County Board of Health (CCBH) would like to remind you of the steps you can take to help reduce the local mosquito population and to protect yourself from exposure to ticks. Eliminating any standing water will help reduce the population of biting adult mosquitoes in the future. Taking the following steps now will allow you to enjoy your backyard activities later this summer:

- Clean your gutters often to keep them flowing
- Remove or properly store children's toys that can collect water
- Place the lids on your garbage cans to keep rain out
- Maintain your ornamental pond or bird bath
- Cover your rain barrel openings with screening
- Prevent mosquito and tick bites by using insect repellent and follow label directions
- Fill in low spots in your yard
- Maintain your pool in good operating shape. Keep stagnant water off the cover when the pool is not in use
- Remove containers that may hold water (buckets, tires, etc.) from behind garages or sheds
- Clean out any roadside or drainage ditches so that water can flow properly

These easy steps will help prevent mosquitoes from becoming a problem in your yard and will help reduce the chance of someone in your family becoming infected with a mosquito-borne disease. CCBH staff responds to mosquito complaints and applies safe and effective mosquito control products from early spring into the fall.

Please take steps to avoid tick exposure. Stay on marked trails to avoid knee high grass. Use insect repellent and tuck your pants into your boots. Check your clothing when you are done hiking and your body later on when you get home. Promptly remove any ticks. The black-legged tick (Deer tick) is spreading in Ohio and health officials are seeing an increase in human lyme disease cases over the years. Please protect yourself and your family.

Please visit the Board of Health's website at www.ccbh.net for more information or call us at (216)201-2000 to discuss a mosquito or tick concern.