



Preventing Mosquito-borne Diseases

- Use EPA-registered insect repellent.
 - Do not use repellent on children younger than two months.
- Treat your clothing with permethrin or buy pre-treated clothing.
- Mosquito-proof your yard and home by dumping standing water and using well maintained window and door screens.
- Wear long-sleeved shirts and long pants.
- Cover crib, stroller, and baby carrier with mosquito netting.
- There are no vaccines to prevent mosquito-borne diseases transmitted in New Jersey. Talk to your health care provider about vaccines and antimalarials you can take to prevent travel-associated mosquito-borne diseases.



For More Information

For more information on mosquito-borne diseases, educational resources, travel health resources, and data on mosquito-borne diseases, visit ***FighttheBite.NJ.gov***:

Scan Me



Fight the Bite NJ!
Webpage

If you develop symptoms of a mosquito-borne disease and think you may have been bitten by mosquitoes either in New Jersey or while traveling, see your health care provider.

Scan Me



Find the right EPA-registered repellent for you



Mosquito-Borne DISEASES



Fight the Bite!

Learn how to prevent mosquito bites and the diseases they spread.



What are Mosquito-borne Diseases?

Mosquito-borne diseases are illnesses that are spread to humans by the bite of an infected mosquito. In New Jersey, the most common mosquito-borne diseases people can get from local mosquitoes are:

- **West Nile virus**
- **Eastern equine encephalitis**
- **Jamestown Canyon virus**

How Do These Diseases Spread?

Mosquitoes become infected when they feed on birds or mammals carrying the disease germ. Infected mosquitoes can then spread the disease to people and other animals such as horses. People and horses are considered “dead-end” hosts and don’t pass along germs to other biting mosquitoes.



Travel-Associated Diseases

- **Chikungunya**
- **Oropouche***
- **Dengue**
- **Yellow Fever**
- **Malaria**
- **Zika**



Avoid mosquito bites for three weeks after overseas travel to prevent the spread of travel-associated diseases to mosquitoes in New Jersey, which may then infect other people.

** Oropouche is transmitted primarily by biting midges, but has also been associated with mosquitoes.*

Symptoms

Many people infected with a mosquito-borne disease have no symptoms or mild symptoms. Symptoms typically appear 2-14 days after being bit by an infected mosquito.

Common Symptoms

- Fever
- Vomiting
- Chills
- Joint pain
- Headache
- Body aches
- Nausea
- Rash

Severe Illness

Severe illness can occur, but it is rare. Symptoms may include:

- High fever
- Paralysis
- Stiff neck
- Heavy bleeding
- Seizures
- Brain swelling
- Confusion
- Jaundice
- Coma

Diagnosis

Visit a health care provider if you develop symptoms and mention recent travel and outdoor activities.



Who Can Get a Mosquito-borne Disease?

Anyone can get a mosquito-borne disease, but people who spend more time outside have a higher risk of becoming infected. Older adults and people with weak immune systems may develop more severe illness.



Treatment

Specific treatment is lacking for many mosquito-borne diseases. Mild cases may improve on their own. Severe illness, including malaria, can be life-threatening and requires timely medical care.

