



## June 19 Mosquito-Borne Diseases

**COVID-19 (novel coronavirus official name), data, reports, and guidance via CDC and WHO**

### Threat Assessment

With the summer temperatures quickly rising the prevalence of mosquitos and the diseases they carry with them have started to make their way through communities. Knowing how to protect yourself in various environments is crucial in reducing the likelihood that you could become another target for these insects. "Diseases that are spread to people by mosquitoes include Zika virus, West Nile virus, Chikungunya virus, dengue, and malaria.

#### **Employer Recommendations**

- Some mosquitoes lay eggs in or near standing water. Decrease the numbers of mosquitoes at worksites by:
  - removing, turning over, covering, or storing equipment
  - removing debris from ditches
  - filling in ruts and other areas that collect standing water
  - removing tires, buckets, bottles, and barrels that collect water
  - placing drain holes in containers that collect water and cannot be discarded
- Keep mosquitoes outside by ensuring that doors and windows have screens and are kept closed when possible.
- Provide training about:
  - the risk of mosquito bites and how to prevent them
  - symptoms of mosquito-borne diseases
  - the safe use of insect repellents
- Provide workers with, and encourage them to wear, clothing that covers their hands, arms, legs, and other exposed skin. Consider providing hats with mosquito netting to protect the face and neck.

- Provide Environmental Protection Agency (EPA)-registered insect repellent with one of the active these ingredients: DEET, picaridin (known as KBR 3023 and icaridin outside the US), IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.
- Provide permethrin for application to clothing and gear

### Worker Recommendations

- Use EPA-registered insect repellents with one of the active these ingredients: DEET, picaridin (known as KBR 3023 and icaridin outside the US), IR3535, oil of lemon eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.
- Find the right insect repellent for you by using EPA's search tool
- When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.
- If also using sunscreen, apply sunscreen first and insect repellent second.
- Permethrin can be applied to clothing and gear.
- Wear clothing that covers hands, arms, legs, and other exposed skin. Wear hats with mosquito netting to protect the face and neck.
- Remove standing water (for example, tires, buckets, barrels) to reduce places where mosquitoes lay eggs
- Workers who develop symptoms of a mosquito-borne disease should report this promptly to their supervisor and get medical attention"

[\(CDC\)](#)

### Action Steps:

1. Keep mosquitoes outside: Use air conditioning, or window and door screens. If you are not able to protect yourself from mosquitoes inside your home or hotel, sleep under a mosquito bed net.

2. Wear long-sleeved shirts and long pants.

3. Learn about destination-specific health risks and recommendations by visiting [CDC Travelers' Health website](#).

[\(CDC\)](#)

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