



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*



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## PRESS RELEASE FOR LOCAL MEDIA

**To: Local Media Outlets**  
**From: Central Michigan District Health Department**  
**RE: CMDHD Reminding Public to Avoid Mosquito Bites**  
**Release Date: July 9, 2024**

**CMDHD is reminding the public to avoid mosquito bites, which can transmit diseases.**

In the interest of keeping our community safe, Central Michigan District Health Department (CMDHD) is reminding you to take precautions to avoid mosquito bites. The mild winter weather and recent rainfall have created ideal conditions for a surge in the mosquito population. Measures should be taken now to avoid mosquitoes and prevent bites to protect you and your family from mosquito-borne diseases.

Mosquitoes in the Central Michigan area can transmit several diseases, including West Nile Virus (WNV), Eastern Equine Encephalitis (EEE), St. Louis encephalitis, and the California group of encephalitis viruses, which includes La Crosse encephalitis. Until we experience cooler weather this fall and multiple hard frosts or freezes, the risk of exposure to mosquito-borne diseases remains.

"Taking preventive measures now can significantly reduce the risk of mosquito-borne illnesses," said Steve King, CMDHD Environmental Health Director. Symptoms of mosquito-borne diseases can include headache, chills, fever, weakness, muscle and joint pain, and in severe cases, neurological problems. People at greater risk for serious disease include young children, individuals over 60 years old, and those with certain chronic conditions or weakened immune systems.

To reduce the risk of mosquito bites:

- Avoid areas with high mosquito activity, especially at dawn and dusk.
- Wear long sleeves and pants outdoors, particularly during peak mosquito times.
- Use insect repellent on exposed skin. Effective repellents contain DEET. When applying DEET to children, spray it onto your hands and then apply it to their skin to avoid contact with their eyes or mouth.
- Apply repellent to clothing, as mosquitoes can bite through thin fabric.

**Please visit us online at [www.cmdhd.org](http://www.cmdhd.org).**

- Treat clothing and gear with permethrin or purchase pre-treated clothing to repel mosquitoes through multiple washes.
- Eliminate standing water where mosquitoes breed, such as in flowerpots, pet bowls, clogged gutters, and discarded containers.
- Ensure window screens are intact and doors close tightly.
- Keep lawns mowed to reduce mosquito hiding places.

An increase in disease among wildlife often precedes an increased risk to humans. To report dead birds or other wildlife, visit <https://www2.dnr.state.mi.us/ors/Home>. Reporting helps experts determine when mosquito-borne disease risk is rising. More information about zoonotic and vector-borne diseases can be found at <https://www.michigan.gov/emergingdiseases>.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org) and follow us on [Facebook](#) and [Instagram](#).

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*To request an interview, please visit our website ([cmdhd.org](http://cmdhd.org)) and fill out the [Media Interview Request Form](#).*



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