

It is said that April showers bring May flowers, but May downpours bring mosquito chaos. Yes we have received a lot of rain, snow and overall precipitation in the last several weeks and if the water is still standing for any length of time we may start to get a lot of mosquitos. Now is the time to dump containers, drain standing water and be preemptive for this upcoming mosquito season. Update your repellent, ditch the puddles to drain, clean out your gutters, don't put away your long sleeves and be armed and informed heading into the summer.

Don't forget the "5 D's" of West Nile virus prevention which include:

- 1) DAWN and 2) DUSK - Mosquitos prefer to feed at dawn or dusk, so avoid spending time outside during these times.
- 3) DRESS - Wear shoes, socks, long pants and a long-sleeved shirt outdoors. Clothing should be light-colored and made of tightly woven materials.
- 4) DRAIN - Mosquitos breed in shallow, stagnant water. Reduce the amount of standing water by draining and/or removing.
- 5) DEET - Use an insect repellent containing DEET (N, N-diethyl-m-toluamide). When using DEET, be sure to read and follow label instructions. Other insect repellents such as Picaridin (KBR 3023) or oil of lemon eucalyptus can also be effective.

Contact the Cheyenne-Laramie County Health Department for information on West Nile Virus. Stop by 100 Central Avenue for flyers, wallet cards and information in general, or call 307-633-4090.