



City of Nashua

Division of Public Health and Community Services
18 Mulberry Street - Nashua, NH 03060



The best prevention for West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE) is to take a proactive approach in eliminating mosquito breeding grounds, reducing adult mosquito resting sites, and protecting ourselves and our homes from mosquitos.

These measures can be achieved by following some simple tips:

- Eliminate standing water on your property by discarding open outdoor containers such as glass bottles, tin cans, plastic containers, and other similar containers capable of holding water.
- Remove any discarded tires from the property. Used tires are the most common mosquito breeding sites.
- Drill holes in the bottom, not the sides, of any containers left outside, such as flower pots or recycling bins.
- Turn over items which could collect water such as canoes, wheel barrels, and plastic wading pools.
- Change water in birdbaths a minimum of twice weekly.
- Chlorinate swimming pools, hot tubs and saunas. Keep clean, and cover when not in use.
- Aerate water gardens or stock with fish to eliminate the chance for water to stagnate.
- Ensure roof gutters are cleaned and draining properly.
- If you have rain barrels, make sure these are tightly screened to eliminate the possibility of mosquitos laying eggs on the water.
- Regularly mow the lawn and thin shrubs to allow air to circulate through plants.
- Ensure doors and windows have tight fitting screens, and replace or repair any damaged screening.
- When outdoors at any time mosquitos are active, wear protective clothing such as pants, long-sleeved shirts, and socks.
- Use an effective insect repellent and use in accordance with the manufacturer's directions.
- Small infants and children can be protected by using mosquito netting over strollers during times of mosquito activity.
- Share these tips with friends and neighbors!