

# HEALTH HIGHLIGHTS



**June 18 - 25, 2022 is . . .  
National Mosquito Control Awareness Week**

**Mosquitoes are known to spread several viruses and parasites, including the West Nile virus and viruses that can cause encephalitis. It is important to minimize your risk of mosquito-borne illness.**

## How do mosquitos spread disease?

When a mosquito bites an animal or a human, it pierces the skin using a mouthpart called the proboscis to consume the host's blood. As it is feeding, saliva from the proboscis is injected into the host. When this transfer is happening, a mosquito can become infected with viruses or parasites that the host has. Later, when the mosquito bites another animal or human, it can spread the virus or parasite in the same way it was infected. However, not every person infected with a mosquito-borne germ gets sick.

## Preventing Bites

There are a number of things that you can do to prevent contact with mosquitoes and reduce your risk of diseases spread by them. Use Environmental Protection Agency (EPA)-registered insect repellents with one of the following ingredients: DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), or 2-undecanone. These insect repellents are proven safe and effective, even for pregnant and breastfeeding women, as long as they are used as directed. Do not use products containing OLE & PMD on children under 3 years of age. If you are applying sunscreen at the same time as insect repellent, apply sunscreen before insect repellent.

Wear long-sleeved shirts and long pants that provide a barrier between mosquitoes and your skin. If you are planning to be outside consistently for several days, consider treating your clothes and gear with a solution of 0.5% permethrin. Permethrin is an insecticide that kills or repels mosquitoes. It maintains effectiveness against mosquitoes after multiple washings. Do not use permethrin directly on your skin.

Control mosquitoes outside your residence by emptying or removing any items that hold water and provide a habitat for mosquitoes to lay eggs. Control mosquitoes inside your residence by repairing any gaps or holes in windows and door screens. Do not leave windows and doors open without screens. When possible, use air conditioning.

## Infected Bites

Although the best way to prevent illness from mosquitoes is to avoid contact, there are some things you can do to prevent infection. Wash the bite area with soap and water. Avoid scratching bites, as this can also cause infection. If necessary, you can use a number of home remedies or over the counter treatments to reduce itching. An infected bite may appear red, feel warm, or a red streak may spread outward from the bite. See a healthcare provider if you think you have an infected bite and your symptoms worsen.

*Courtesy of the Centers for Disease Control and Prevention*



**18.99**  
Abreva Cold  
Sore/Fever Blister  
Treatment, 2 grams



**5.99**  
Airborne Immune Support 10 effervescent tablets Orange & Berry,  
Immune Support 32 chewable tablets, & Kids Gummies 21 ct



**2.99**  
Bandaid Flexible  
Fabric Bandages  
XL, 10 ct & Assorted, 30  
ct, & Tough Strips 10 ct



**3.99**  
Neosporin Original Antibiotic  
Ointment, 0.5 oz



**7.49**  
Bandaid Flexible Fabric  
Bandages 1 inch by 3 inches, 100 ct

**5.99**

Neosporin + Pain  
Relief Antibiotic  
Cream &  
Ointment, 0.5 oz



**14.99** Digestive Advantage  
Children's & Adult's Daily  
Probiotic Gummies, 60 ct



**8.49**  
Digestive Advantage  
Intensive Bowel Support,  
32 probiotic caps



**9.19**  
Olay Complete All Day Moisturizer  
with Sunscreen, 4 oz Normal &  
Sensitive



**10.89**  
Olay Active Hydrating Beauty Fluid Lotion,  
6 fl oz



**9.49**  
Duracell AA Batteries 8 ct, AAA Batteries 8 ct, & 9V  
Batteries 2 ct



**0.99**  
Cutex Twist & Scrub Sponge  
Nail Polish Remover, 2 fl oz



**1.69**  
Cutex Ultra Powerful,  
Strength Shield, & Non  
Acetone Nail Polish Remover



**1.99**  
Cutex Moisture Rich Nail  
Polish Remover



**2.99**  
Almay Sensitive Skin Antiperspirant & Deodorant, 2.25 oz  
Clear Gel & 1.7 oz Roll On



**13.99**  
Maximum Strength  
Fungi Nail Anti-  
Fungal Liquid, 1 fl oz



**3.49**  
Nexcare First Aid Tapes: Gentle Paper, Flexible Clear,  
Durable Cloth 1 inch x 10 yd 2 ct, Gentle Paper Dispenser &  
Flexible Clear Dispenser 1 inch x 10 yd