

## CDC's Response to Zika How to Protect Against Mosquito Bites

**Zika virus is spread to people mainly through the bite of an infected mosquito. Mosquitoes that spread Zika virus bite mostly during the day, but they can also bite at night. The best way to prevent Zika is to protect yourself from mosquito bites.**

### **Use Insect repellent.**

Use EPA-registered insect repellents with one of the following active ingredients: DEET, Picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol. Always follow the product label instructions. When used as directed, these insect repellents are proven safe and effective even for women who are pregnant or breastfeeding. Re-apply insect repellent as directed. Do not spray repellent on the skin under clothing. If you are also using sunscreen, apply sunscreen first. The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.

### **Insect Repellent Guide**

**Some brand name examples\*:**

**Off!, Cutter, Sawyer, Ultrathon, Cutter Advanced, Skin So Soft Bug Guard Plus, Repel, Skin So Soft Bug Guard Plus Expedition, Skin Smart.**

*\* Insect repellent brand names are provided for your information only. The CDC and the U.S Department of Health and Human Services cannot recommend or endorse any brand name product.*



### **Treat Clothes and gear**

Treat items such as clothing and gear with permethrin or buy permethrin-treated clothes and gear.

See product information to find out the number of washings or length of time the protection will last.

If treating items yourself, follow the product instructions.

Do not use permethrin product directly on skin.

### **Control mosquitos outside your home**

Once a week, empty and scrub, turn over, cover, or throw out any items that hold water like, tires, buckets, and planters.

Tightly cover water storage containers like buckets, rain barrels, etc.

For containers without lids, use wire mesh with holes smaller than an adult mosquito.

Use larvicides to treat large containers of water that will not be used for drinking and cannot be covered or dumped out.

Use an outdoor flying insect spray in dark humid areas where mosquitos rest, like under patio furniture, or in the carport or garage. When using insecticides, always follow label instructions. If you have a septic tank, repair cracks or gaps. Cover open end of plumbing pipes using wire mesh with holes smaller than an adult mosquito.

### **Control mosquitos inside your home**

Keep windows and doors shut and use air-conditioning when possible.

Use, install, or repair window and door screens.

Once a week, empty or throw out any items that hold water, like vases and flowerpot saucers.

Use an indoor flying insect fogger or indoor insect spray to kill mosquitos and treat areas where the rest. These products work immediately but may need to be re-applied. Always follow label directions. Only using insecticide will **not** keep your home free of mosquitos.

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We cannot do everything for everyone everywhere, but we can do something for someone somewhere

Richard Evans

## Tips to Keep you Scam-Free this Summer

For the majority of Americans who plan to take a vacation, attend a concert, or work in their home or garden this summer, this season comes with its own unique consumer challenges. Here are the top five scams and frauds to be alert for this time of year:

1. **Don't buy gas additives that claim to make fuel last longer.** Even though gas prices go up in the summer, the Environmental Protection Agency has not found any product that significantly improves gas mileage, and some could damage a car's engine or increase exhaust emissions.
2. **Unlicensed home repair or landscaping contractors may come to your door to offer services.** Always research contractors. Pay for services upon completion—not ahead of time—and consider using a signed contract outlining the work to be done and the exact price.
3. **Interested in a summer concert or festival?** If you buy tickets from a major vender, remember surcharges and additional fees may be tacked on to the listed price. Some venues require the same credit card used to purchase tickets be presented when the tickets are picked up, so if you're buying tickets for someone as a gift, they may have difficulty getting them at will-call.
4. **When renting a beach— or lake house for vacation, make sure the property actually exists.** Do your homework before paying—check out the owner or rental company, consult maps and read the lease carefully. Pay with an online service or a credit card so you can dispute the charges if something goes wrong.
5. **When flying, make sure you're aware of the airline's baggage charges and their policy when it comes to bumping passengers.** A lot of airlines "bump" depending on how late you checked in, so check in ASAP!

## Take a closer Look at Price Tags

On your next shopping trip take a closer look at the price tag on the shelf of the product you want to buy.

Locate the "Unit Price" on the shelf directly below the product. Use it to compare brand and different sizes of the same brand to determine which is more economical.

There is much more to a price tag on the grocery shelf. First, there's the retail price. This is the price you pay for each item. But have you ever looked at the unit price?

The unit price will tell you how much an item costs per pound, ounce, quart, etc. Get the inside scoop on the unit price below, and try these tips at your next grocery visit to maximize your savings.



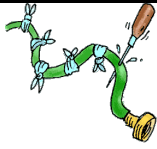




The image above shows two different price tags. In the first red box, the retail price is \$1.62 for one 32 oz. yogurt. The unit price is \$0.05 per oz.

In the second red box, the retail price is \$0.72 for one 6 oz. yogurt. The unit price is \$0.12 per oz.



Based on the unit price, you can determine that the larger, 32oz. yogurt is the better buy.



# July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Spend the afternoon. You can't take it with you. Annie Dillard	July is: Cell phone Courtesy Month National Grilling Month Smart Irrigation Month National Blueberry Month				1	2
3	4 <b>Independence Day</b> <b>LINK closed</b>	5 Pay Info due by 1 pm	6	7	8	9 
10	11	12 \$ Pay Day \$	13	14	15 7/1-7/15 Pay Period ends	16
17 	18	19 Pay Info due by 1 pm	20	21	22	23
24 31 Pay Period Ends	25	26 \$ Pay Day \$	27	28	29	30 

# August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Pay Info due by 1 pm	4	5	6
7	8	9	10 \$ Pay Day \$	11	12	13
14	15 8/1-8/15 Pay Period Ends	16	17	18 Pay Info due by 1 pm	19	20
21  Senior Citizens Day	22	23	24	25 \$ Pay Day \$	26	27
28	29	30	31 8/16-8/31 Pay Period Ends	August is: Child Support Awareness Month Immunization Awareness Month American Indian Heritage Month Spinal Muscular Atrophy Awareness Month		

## 10 Tips to get started

**What you drink is as important as what you eat.** Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

### 1. Drink Water

Drink water instead of sugary drinks. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



### 2. How much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

### 3. A thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.



### 4. Manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can manage your calories.

### 5. Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100 % juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or back packs for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup of 100 % fruit or vegetable juice each day.



### 6. Don't forget your dairy

When you choose milk or milk alternatives, select low-fat or fat-free or fortified soymilk. Each type of milk offers the same nutrients such as calcium, vitamin D and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2 ½ cups and children 2 to 3 years old need 2 cups.



### 7. Enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.



### 8. Water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or briefcase to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



### 9. Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list contain information about added sugars, saturated fat, sodium, and calories to help you make better choices.

