

FIGHT theBite!



BEAT WEST NILE VIRUS

Get the facts and join the fight!

- Use mosquito repellent when outdoors from dusk to dawn
- Dump standing water around your home
- Report green swimming pools and dead birds



Prevent!



Protect!



Report!

(858) 694-2888 | SDFightTheBite.com



COUNTY OF SAN DIEGO
Vector Control Program

VECTOR CONTROL goes

Hi-Tech to

It's West Nile virus season again; are you prepared to Fight the Bite?



West Nile virus (WNV) is a disease that is transmitted to people through the bite of infected mosquitoes. Mosquitoes get the virus when they feed on infected birds.

West Nile virus affects people of all ages and ethnic backgrounds. The elderly, children and people whose immune systems are compromised are at the highest risk of developing serious illness such as meningitis and encephalitis. Neurological effects of the virus such as paralysis and weakness can be permanent. West Nile virus can also be fatal and there is no vaccine or cure.

■ Stay Informed!

San Diego County's Vector Control Program has added another tool to its arsenal to Fight the Bite against West Nile virus -- text alerts to warn residents about West Nile virus in their neighborhoods.

By texting the word PEST to the number 75309 from any cell phone, users will receive vital health alerts and the latest information about the virus. For example, you might receive a message regarding the location of where birds or mosquitoes have tested positive for West Nile virus, or you might receive tips on how to protect yourself from the disease.

To sign up for the alerts, send a text message with the word "PEST" in the body to the number 75309 from your cell phone. You can opt-out at any time by sending "stop" to 75309. Text alerts will also be used to warn residents about other vector-borne diseases such as plague, hantavirus and Lyme disease.

■ How can You Fight the Bite? Prevent Mosquito Breeding:

Backyard water sources --- as tiny as two tablespoons --- are ideal breeding grounds for mosquitoes. Residents should dump or remove anything that can hold water, such as potted plants and saucers, rain gutters, buckets, trashcans, children's toys, old spare tires and wheelbarrows.

Mosquito fish, which are available for free at several locations around the County, may be used to control mosquito breeding in backyard water sources such as unused swimming pools, ponds, fountains and horse troughs.

■ Protect Yourself from Mosquito Bites:

You can protect yourself from the virus by staying inside when mosquitoes are most active, from dusk to dawn, and by wearing long sleeves and pants if you are outdoors. Use insect repellents containing DEET, Picaridin, IR3535 or Oil of Lemon Eucalyptus when you are outside. Make sure the screens on your doors and windows are in good condition and keep them closed.

■ Report Dead Birds and Green Swimming Pools:

Vector Control staff collect and test dead crows, ravens, jays, hawks, and owls for West Nile virus. They can also inspect your neighborhood for mosquito breeding areas, including green swimming pools that can breed millions of mosquitoes. To report dead birds, mosquito breeding areas or green swimming pools, please call County Vector Control at 858-694-2888.

■ How can you help?

Vector Control needs your help in spreading the word about mosquito prevention and personal protection. There are many things that people can do to protect themselves and their communities from this preventable disease.

Vector Control can provide free educational materials including pamphlets, pamphlet holders and posters that can be displayed in common areas of your properties. By posting these materials you provide a very valuable service to your tenants -- you may even save lives. Vector Control can also provide free presentations for your Home Owner Associations on a variety of vector-related topics.

For more information about West Nile virus or other vector-borne diseases in San Diego County, please visit the Vector Control website:

■ www.SDFightTheBite.com

Thank you for helping the County to "Fight the Bite" and informing the public about West Nile virus prevention and personal safety tips!