

STOP WEST NILE VIRUS

Help Fight The Bite!

PREVENT:

- ✓ Eliminate all standing water sources around your home such as buckets, pots, and tires
- ✓ Put mosquito fish in decorative ponds and fountains

PROTECT:

- ✓ Repair screens to keep mosquitoes out
- ✓ Avoid going outdoors at dawn and dusk
- ✓ Wear long sleeves & pants when outdoors
- ✓ Use mosquito repellents containing:
 - DEET
 - Picaridin
 - Oil of Lemon Eucalyptus
 - IR3535

REPORT:

- ✓ Report the following to the Vector Control Program:
 - Crows, ravens, jays, hawks, owls and falcons that have died within the last 24 hours
 - Standing water in your neighborhood



For more information please call:

**County of San Diego
Vector Control Program
888-551-INFO (4636)**

www.SDFightTheBite.com

Protecting Yourself from West Nile Virus

West Nile Virus has gotten to a big start this year. Last year San Diego County had 15 reported human cases. The County of San Diego Vector Control Program officials are concerned as this year has the potential to be a worse one than last year. The Vector Control Program has reported an unprecedented number of dead birds that have tested positive for the virus.

As West Nile Virus season heats up make sure to protect yourself from mosquito bites and from infection with WNV. Mosquitoes are the sole transmitters of WNV to humans. Avoid a mosquito bite and you can steer clear of WNV infection. Personal protection is a big step in preventing mosquito bites and WNV infection.

Follow these simple tips to remain mosquito bite free:

1. **Wear Insect Repellant:** Make sure to apply insect repellant to all exposed skin every time you go outside. Read the repellant label carefully before applying and follow the label directions. When selecting an insect repellant for use make sure it contains one of the following ingredients:

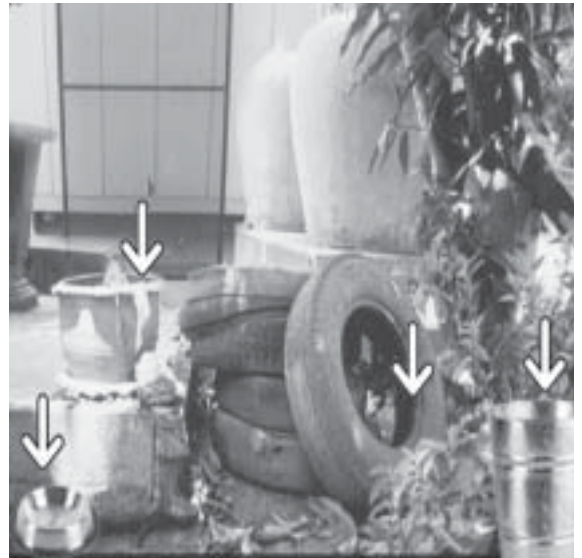
- o DEET
- o Picaridin
- o Oil of Lemon Eucalyptus
- o IR 3535

2. **Avoid Peak Mosquito Biting Times:** Mosquitoes are more likely to be actively looking for a blood meal at dawn and dusk. Try to stay indoors at these times but if you must go out wear insect repellant and long pants and long sleeved, light colored clothing. The light color of the clothing will help you see when mosquitoes land on you and the clothing will be another barrier for mosquitoes.

3. **Get Rid of Mosquitoes Around Your Property:** Many times people are breeding mosquitoes right in their own yard. Mosquitoes require standing water to breed, and need as little as a quarter of an inch to do so. Check around your yard for anything that can breed mosquitoes.

4. **Repair Holes in Window and Door Screens:** Check your window and door screens to ensure they are in good repair and are keeping out the mosquitoes. Mosquitoes are small insects able to get through very tiny openings.

Other things you can do to help the Vector Control Program monitor and control WNV is reporting dead birds, mosquito breeding, and green swimming pools.



For more information about West Nile Virus, or other vector-borne diseases please visit the Vector Control Program website at www.SDFightTheBite.com or call (858)694-2888.