

# West Nile Virus is here, and...

## Remember...

- West Nile Virus is spread by mosquito bites.
- Most people who become infected experience no symptoms at all, or mild flu-like symptoms.
- West Nile Virus can be fatal in a very small percentage of cases.
- Those over 50 are at greater risk.
- Call your doctor if you think you might have West Nile Virus.
- Report dead birds (call 1-877-968-2473).

## Protect Yourself

- Avoid going out in the early morning and early evening hours.
- If you do go out, wear long pants and long sleeve shirts.
- Use an effective mosquito repellent with DEET, picaridin, or lemon oil of Eucalyptus.

### For more information on the West Nile Virus,

contact the Stanislaus County Health Services Agency. Call 558-8425 or find information online at [www.stanemergency.com](http://www.stanemergency.com).

### Got Mosquitos? Don't get mad, get help. Call your Mosquito Abatement District...

call the Eastside Mosquito Abatement District at 522-4098, or call the Turlock Mosquito Abatement District at 634-1234.

### Report Dead Birds to help track the West Nile Virus, call the CA West Nile Virus and Dead Bird Hotline at (877) 968-2473.

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The Stanislaus County West Nile Virus Task Force, Turlock Mosquito Abatement District,  
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**It can  
happen  
to you!**



## Keep Your Home and Yard Safe

- Green pools breed mosquitoes! Maintain your pools.
- Stock ponds with mosquito eating fish.
- Get rid of any standing water and puddles.  
Do not overwater your lawn or garden.
- Empty water out of buckets, old tires, flower pots, and toys.
- Clean and hose out birdbaths weekly.
- Change water every few days from pet bowls.
- Cover containers or turn empty containers upside down so they do not hold water.
- Cover trash cans and clean weekly.
- Make sure screens on doors and windows are tight fitting, and in good repair with no holes or tears.