

Mosquitoes are no longer the simple nuisance they used to be. As carriers of West Nile Virus (WNV), mosquitoes have become a real health threat, especially for children and elderly people.

## Some Quick Facts About WNV

- ✦ People can become infected by WNV from mosquito bites.
- ✦ WNV will likely cause no symptoms or health problems for most people who become infected with it.
- ✦ Some people with the virus will suffer from severe flu-like symptoms including fever, headaches and body aches.
- ✦ In rare cases, people with WNV may develop an infection that affects the brain and causes long-term illness, suffering, disability, or death.
- ✦ After getting bitten by an infected mosquito, it will take 3-14 days for a person to show any symptoms of the virus.
- ✦ WNV does not spread from person to person, and can't be spread from pets or farm animals.
- ✦ Dogs and cats can get WNV, but it will not cause any illness or other health problems.



## Prevent Mosquito Bites

- ✦ Wear insect repellent with DEET, Picaridin, or oil of lemon eucalyptus, anytime you go outside.
- ✦ Avoid going outdoors in the early morning and early evening hours.
- ✦ Wear long pants and long-sleeve shirts when you are outside and mosquitoes are active.

## For more information on West Nile Virus

### Contact

Stanislaus County Health Services Agency 558.8425

### Go online

Stanislaus County stanemergency.com  
California Dept. of Public Health westnile.ca.gov

## Got Mosquitoes?

**Don't get upset, get M.A.D.  
Call your Mosquito Abatement District**

East Side Mosquito Abatement District 522.4098

Turlock Mosquito Abatement District 634.1234

## Report Dead Birds Help track West Nile Virus!

### Report by phone

CA West Nile Virus Hotline 877.968.2473

### Report online

westnile.ca.gov



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**Stanislaus County West Nile Virus Task Force  
Turlock Mosquito Abatement District  
East Side Mosquito Abatement District  
Stanislaus County Health Services Agency**

# Easy & Effective Steps

## To Protect Your Home from Mosquitoes & West Nile Virus



West Nile  
prevention  
bites  
mosquito  
control  
insect repellent  
health  
safety  
infection

It may seem like there's just no way around it... mosquitoes can quickly invade in great numbers.

Just one female mosquito can produce thousands of mosquitoes during its lifespan. All you have to do is leave it some standing water—just enough to fill a cup. It will lay hundreds of eggs at a time and those eggs can hatch in just one day. Within weeks, your home can become infested with mosquitoes searching for their next blood-meal.

### **Don't surrender your summer to mosquito infestation!**

Just spend a small amount of time setting up a defense system to keep them out. It may sound difficult, but it's easier than you might think...

Start by taking a look around your home, and use the illustration at right to help find trouble areas.

### **Protect Your Home and Prevent Mosquito Breeding**

- ✦ Eliminate standing water from your yard, rain gutters, toys, or garden decorations.
- ✦ Keep water fresh in bird baths or pet bowls.
- ✦ Maintain your swimming pool and/or spa. For ponds, use mosquito-eating fish or dunks. (See your local hardware or garden store for help.)
- ✦ Use tight-fitting screens with no holes.

**The absolute best way to protect yourself and your family from West Nile Virus infection, is to prevent mosquito breeding.**



Clear discarded tires and trash, also drill drain holes in bottom of tire swings.



Maintain swimming pools, spas and children's wading pools. Clear water from pool covers.



Clean birdbaths weekly, and protect ornamental ponds with fish or "dunks".



Empty water from toys, garden equipment and other containers.



Remove tree stumps and fill holes with dirt or sand.



Graphics used with permission of the Illinois Department of Public Health.



Repair damaged screens and be sure they fit doors and windows tightly.



Empty water from boats, or cover to protect from rain.



Clear debris that may block water flow in rain gutters.



Be sure water drains from flat rooftops.



Repair leaky faucets and change water in pet bowls at least every few days.