

STOP MOSQUITOES FROM BITING YOU

- Wear long sleeved shirts



- Wear long pants and shoes with socks when outside



- Avoid outside activity at dawn and dusk when mosquito activity is highest

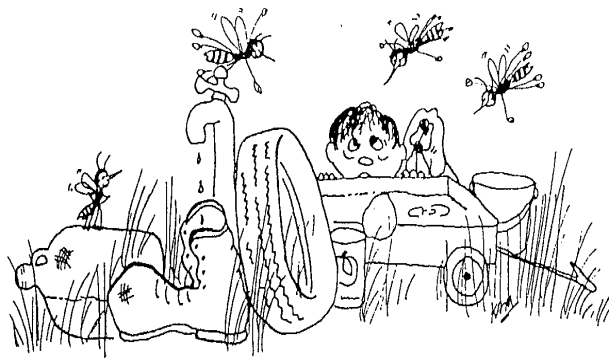
- Make sure your door and window screens fit tightly and are free of holes and tears



- Place mosquito netting over your infant carrier



- Use insect repellent
(follow label directions, be sure to read carefully)



YOU CAN PREVENT MOSQUITO BREEDING

- FILL TREEHOLES WITH POLYMER
- EMPTY OR COVER CONTAINERS THAT COULD HOLD WATER
- PUT MOSQUITO FISH IN PERMANENT PONDS (Do not allow fish to enter water ways, creeks or streams)
- COVER OLD TIRES OR STORE INDOORS
- CLEAN CLOGGED GUTTERS
- MANAGE IRRIGATION WATER
- REPORT MOSQUITO BREEDING SITES TO THE MARIN/SONOMA MOSQUITO AND VECTOR CONTROL DISTRICT

MARIN / SONOMA MOSQUITO & VECTOR CONTROL DISTRICT

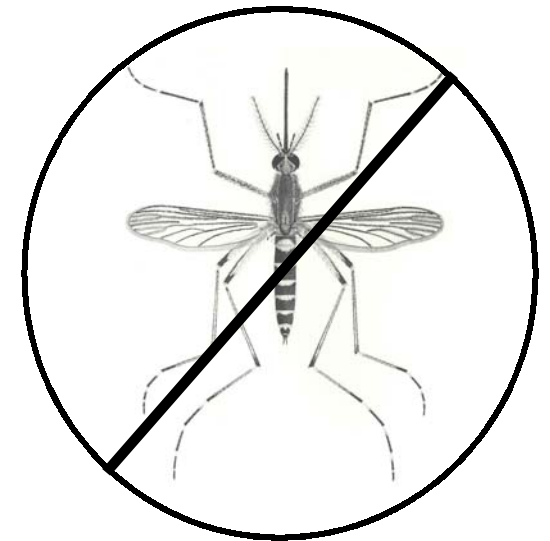
595 HELMAN LN.
COTATI, CA. 94931
707-285-2200 or 800-231-3236
www.msmosquito.com

MARIN COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES

20 North San Pedro Rd
San Rafael, CA. 94903
415-499-3696

www.co.marin.ca.us

Important Information on West Nile Virus in Marin County



Marin County Department of Health & Human Services and the Marin/Sonoma Mosquito and Vector Control District

What is West Nile Virus?

West Nile Virus (WNV) is a virus carried by mosquitoes. When an infected mosquito bites, the virus is transmitted to humans, horses, many varieties of birds, and some other animals.

WNV has been found in animals and/or humans in 44 states. California had one diagnosed case in 2002 in Los Angeles.

What is Marin County Doing to Fight WNV?

There are two ways to help detect and control WNV in Marin: Surveillance and Mosquito Control.

Surveillance involves testing mosquitoes, chickens and dead birds for WNV to detect the virus as early as possible. Humans and horses that show signs of Encephalitis are also tested.

Control means eliminating mosquitoes where they breed. The Marin Sonoma Mosquito and Vector Control District and the Marin County Agriculture, Environmental Health, and Health and Human Services Departments are collaborating to prevent mosquito breeding and to educate the public about how West Nile Virus can be prevented.



FLIP IT





DUMP IT



DRAIN IT

Fight the Bite

Horses can be vaccinated against WNV. There is no vaccine for humans at this time. There are several simple things you can do to fight WNV:

- Eliminate standing water around buildings to stop mosquito breeding – culprits include bird baths, plant saucers, containers, septic tanks, sump pumps and water under homes
- Keep water troughs fresh and stock with mosquitofish  Do not allow fish to enter water ways, creeks or streams
- Cover barrels and buckets
- Clean garden ponds and stock with mosquitofish  Do not allow fish to enter water ways, creeks or streams
- When possible wear long sleeved shirts, long pants, and shoes with socks while outside
- Place mosquito netting over your infant carrier
- Avoid outdoor activities at dawn and dusk when mosquitoes are most active, especially the elderly and young children.
- Make sure your windows and doors have tight-fitting screens that are free of holes
- Use mosquito repellent containing DEET on exposed skin when outdoors. The more DEET a repellent contains, the longer time it gives protection from mosquito bites. **Use care when applying repellent to children.** Don't put repellent on their hands, and be careful to avoid their mouths and eyes. Products containing 10% or less DEET are best for children aged 2 - 12 years.

What do I do if I think I have WNV?

First, remember that human illness from WNV is rare, even where WNV has been found. Getting a mosquito bite does not require medical attention or testing for WNV.

Most people (80%) infected with WNV have no symptoms. Less than 1% of infected people require hospitalization. Individuals over 50 are at greater risk.

Symptoms of WNV can include fever, headache, mild skin rash, or swollen lymph nodes. Mild symptoms usually go away in 3 to 6 days. If you think you have symptoms of WNV, see your doctor.

Where To Get More Information: Marin Department of Health and Human Services

- Website <http://www.co.marin.ca.us>, includes links to many useful websites, including the Centers for Disease Control and the websites shown below.
- **Communicable Disease Nursing:** 415- 499-7805 (bilingual staff available)

Marin/Sonoma Mosquito and Vector Control District

- Website: <http://www.msosquito.com>
1-800-231-3236
- **CA Dept of Health Services**
<http://www.westnile.ca.gov>
- **Report dead birds**
877-WNV-BIRD
(877-968-2473, toll free)

