What can you do?

Avoid mosquito bites!

Mosquitoes that transmit West Nile virus bite in the early morning and early evening hours.

If you go out in the early morning or evening hours, wear long pants and a long sleeved shirt.

Also, use insect repellent with DEET in it. Put the repellent on your skin that is not covered by clothes.

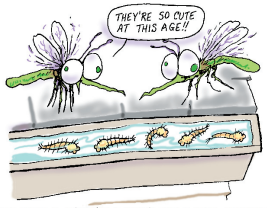
The DEET in the insect repellent keeps mosquitoes from biting you. Follow the directions carefully.

Keep your home safe!

Mosquitoes lay their eggs on standing water.

Young mosquitoes grow in the water.

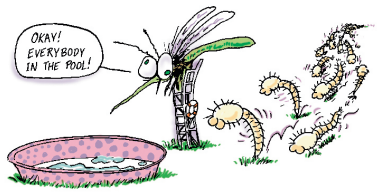
It can take only 7 days for a young mosquito to become an adult mosquito.



ROOF GUTTERS CAN BE A GOOD HOME FOR MOSQUITOES

Get rid of standing water around your home.

Empty water out of buckets, old tires, flower pots and toys.



Change water daily for pets and weekly for bird baths.

UNUSED POOLS ARE OFTEN GREAT BREEDING SITES FOR MOSQUITOES

Keep screens with no rips or tears on your windows and doors.

Screens will keep mosquitoes out.

Tell your friends and neighbors!

- West Nile virus is found throughout California.
- Dead birds and dead tree squirrels are a sign that West Nile virus is in your area.

- Tree squirrels and birds like crows, ravens, and jays get very sick and can die from West Nile virus.
- You do not get West Nile virus from touching a dead tree squirrel or dead bird.
- To follow the spread of the virus, California is tracking dead squirrels and birds - and you can help!

To report a dead tree squirrel or dead bird go to

www.westnile.ca.gov

or call toll-free

1-877-WNV-BIRD

1-877-968-2473

Why should you worry about West Nile virus?

West Nile virus can make you and your family sick.

West Nile virus is spread by mosquitoes.

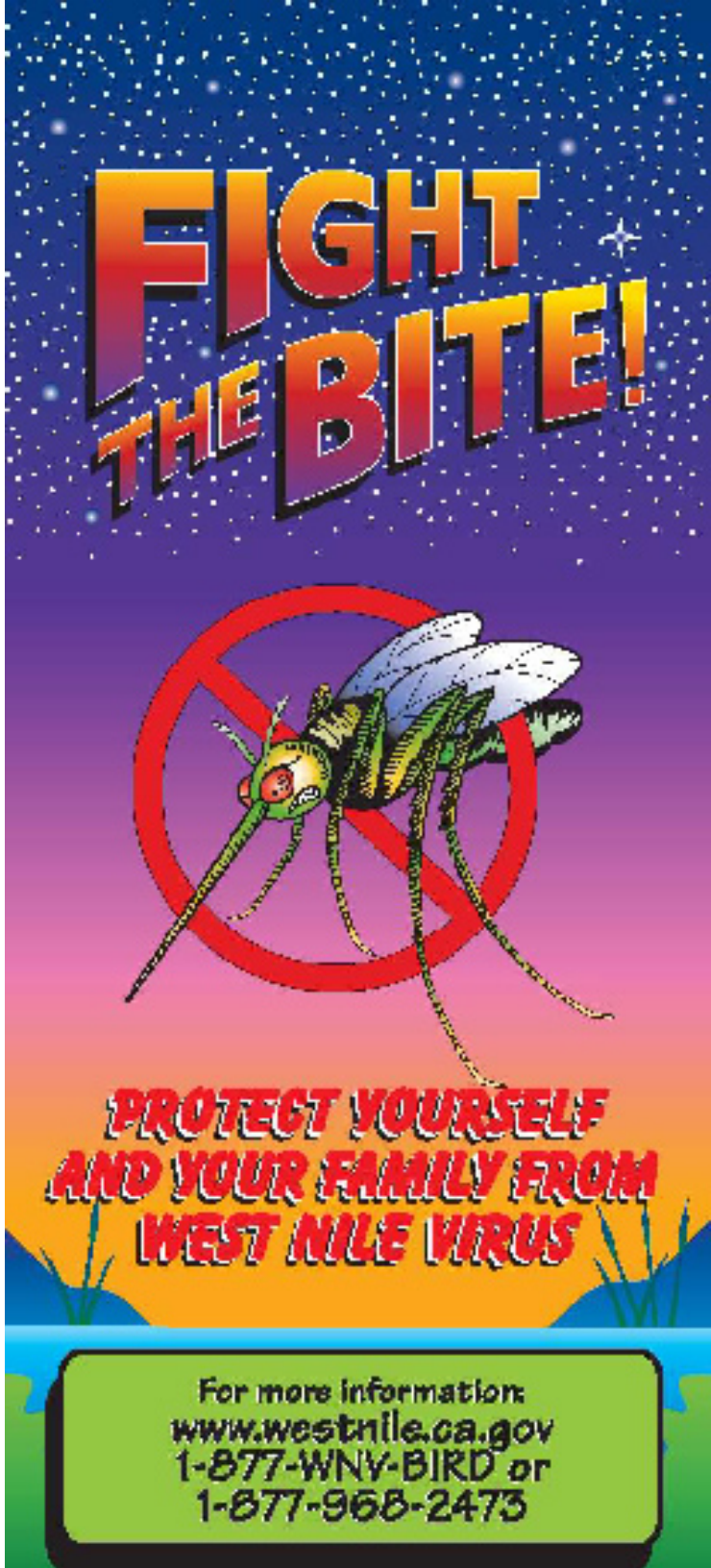
You get West Nile virus from a mosquito bite.

You can feel sick 3 – 15 days after a mosquito bites you.

People who get sick may feel like they have the flu. They may have:
- Fever
- Headache
- Body Aches
- Rash

Some people who get West Nile virus get very sick and die.

Most people who have gotten really sick have been about 50 years old or older, but everyone needs to be aware of mosquitoes, and keep them away.

Call your doctor or clinic if you have questions.

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