



WEST NILE VIRUS IN CALIFORNIA

West Nile virus (WNV) is the leading cause of mosquito-borne disease in the continental United States and was first found in California in 2003. WNV is most commonly spread to people by the bite of an infected mosquito. Cases of WNV in California are most common in the summer and early fall when the mosquitoes that carry WNV are most active.

The main type of mosquitoes that spread WNV are *Culex* mosquitoes, which are widespread in California. Mosquitoes become infected with WNV when they feed on infected birds. Infected mosquitoes then spread WNV to people and other animals by biting them.

WNV can be a serious and even deadly illness. There are no vaccines to prevent or medications to treat WNV in people, so it's important to protect yourself and your family from mosquito bites to prevent WNV.

Birds are susceptible to WNV, meaning they are more likely to get sick and die from WNV. Because of this, dead birds can be a good indicator for WNV activity in the environment. To report a dead bird call 1-877-WNV-BIRD or visit westnile.ca.gov.

PREVENTION

Culex mosquitoes lay their eggs in small sources of standing water commonly found in backyards. Due to the short amount of time that is needed for mosquitoes to develop from eggs to adults, mosquitoes can quickly become a big problem in a neighborhood. You can help do your part to control mosquitoes and combat the spread of WNV by following these steps:

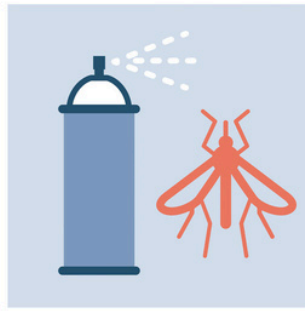


MVCAC
Mosquito and Vector Control
Association of California

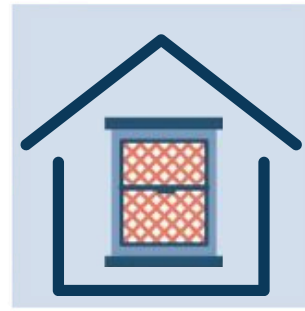
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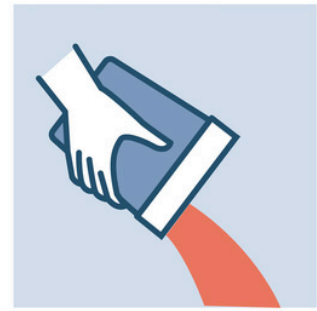
Wear loose protective clothes



Use EPA registered insect repellents



Keep screens closed and in good condition



Remove standing water at home

Keep mosquitoes out of your home:

- Mosquitoes lay their eggs in very small amounts of standing water.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as pet dishes, tires, buckets, planters, toys, kiddie pools, birdbaths, flowerpots, or trash containers.
- Regularly clean and monitor pools and fountains to ensure water is not stagnant.
- Repair leaking faucets and broken sprinklers that can contribute to standing water.
- Clean rain gutters clogged with leaves.
- Keep doors and windows closed or screened to prevent mosquitoes from entering indoor spaces.
- Make sure window screens are in good condition, without any tears or holes that mosquitoes could pass through.

Wear protective clothing:

- Dress in long sleeves and pants, especially if outside at dawn and dusk when *Culex* mosquitoes are most active.
- Use 0.5% permethrin (an insecticide) to treat clothing and gear (such as boots, pants, socks, and tents) to kill mosquitoes, or buy permethrin-treated clothing and gear.
- Do not use permethrin products directly on skin.

Use Environmental Protection Agency (EPA)-registered insect repellents with one of the active ingredients below:

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone

When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women. It is important to follow product label instructions for the safe use of repellents on children and apply repellent after putting on sunscreen.

