

DID YOU KNOW?

Health care advice:

- Use insect repellent containing DEET when outdoors, and wear long sleeves and long pants.
- Avoid being outdoors during dawn and dusk, when mosquitoes are most likely to bite.
- Put screens on windows and doors.
- Empty standing water (in flower pots, buckets, empty tires, barrels or rain gutters).
- Change water regularly in pet dishes and birdbaths.
- Keep wading pools empty and on their sides when not being used.
- Report unusually high mosquito levels, as well as dead birds.

West Nile characteristics:

- Only one in five people who are bitten by an infected mosquito will have symptoms of West Nile disease, such as fever, headache, joint pain and fatigue.
- One in 150 are stricken with a potentially fatal brain or spinal cord infection, with headache, high fever, neck stiffness, confusion, tremors, muscle weakness and paralysis.
- The risk of illness is greater for people age 50 and older, and those with compromised immune systems.

To report mosquito problems:

- East Side Mosquito Abatement District, 522-4098
- Turlock Mosquito Abatement District, 634-8331 or 634-1234
- Merced Mosquito Abatement District, 722-1527
- San Joaquin County Mosquito and Vector Control District, 982-4675 or 800-300-4675

To report dead birds or squirrels:

- Toll-free state hot line at 877-968-2473 or visit www.westnile.ca.gov.

For more information, go to the CDC Web site at www.cdc.gov/ncidod/dvbid/westnile.

Source: San Joaquin County Mosquito and Vector Control District