

# SACRAMENTO – YOLO MOSQUITO & VECTOR CONTROL DISTRICT



**PROTECT YOURSELF FROM MOSQUITOES AND WEST NILE VIRUS**



West Nile Virus According to the Centers for Disease Control (CDC), West Nile virus (WNV) is the leading cause of arboviral encephalitis in the United States. Originally discovered in Africa in 1937, WNV was first detected in the western hemisphere in 1999 in New York City. Since then, it has caused seasonal epidemics of West Nile virus fever and severe neurological disease. West Nile virus is transmitted to humans and animals through the bite of an infected mosquito. Mosquitoes become infected with WNV when they feed on infected birds. The elderly and the immune-compromised are most susceptible to illness caused by WNV.

Fight the Bite by following the District's **7 D's**:

- **Drain** any standing water that may produce mosquitoes.
- **Dawn** and **Dusk** are times to avoid. These are the times when mosquitoes are most active.
- **Dress** appropriately by wearing long sleeves and pants when outdoors.
- **Defend** yourself against mosquitoes by using an effective insect repellent such as **DEET**, Picaridin or Oil of lemon Eucalyptus. Make sure you follow label directions.
- **Door** and window screens should be in good working condition. This will prevent mosquitoes from entering your home.

How You Can Reduce Mosquitoes Around Your Home There are numerous potential mosquito breeding sources around your home – from bird baths and tires to empty wheelbarrows and toys. These items will hold water for more than five to seven days. Be diligent and prevent mosquitoes from breeding! Dump any standing water that may produce mosquitoes. We need to work together to prevent mosquito populations from multiplying.

For more information, call Sacramento –Yolo Mosquito and Vector Control District at 1-800-429-1022 or visit them online at [FIGHTtheBITE.net](http://FIGHTtheBITE.net).