

FIGHT THE BITE!



HOME, GARDEN, AND NEIGHBORHOOD MAINTENANCE CHECKLIST

West Nile virus is a disease that can be transmitted to humans by mosquitoes. The virus is carried long distances by infected birds and then spread locally by mosquitoes that bite these birds. Drought conditions may make it worse since birds and mosquitoes will share the same few watering holes, even in backyards. Mosquitoes need still water to lay their eggs, which develop in 7 to 10 days. Eliminate standing water weekly to keep many mosquitoes from breeding in the first place.

It is rare to catch the virus, and most infected people will not get sick or will only experience mild flu-like symptoms. However, West Nile virus can be fatal especially to people over 50 years of age. So protect yourself from mosquito bites before doing any outdoor maintenance and while enjoying outdoor activities. Use the following checklist to eliminate mosquito breeding sites around your residence and neighborhood.

<input type="checkbox"/> Animals	Keep animal areas dry. Keep food and water bowls clean.	<input type="checkbox"/> Potted plants	Do not overwater plants. Empty saucers weekly or flush with garden hose. Drill small drainage holes in outdoor saucers.
<input type="checkbox"/> Birdbaths	Clean or hose out birdbaths weekly.	<input type="checkbox"/> Pools/Spas	Maintained pools and whirlpools are not a hazard since pool chemicals and filters kill any larvae. Use dunks in deserted pools and spas.
<input type="checkbox"/> Chainlink fence	Cover chainlink fence posts with metal or plastic caps since they are hollow pipes.	<input type="checkbox"/> Raingutters	Keep gutters clear of debris. They can become breeding areas with standing water.
<input type="checkbox"/> Cooling Units	Check for standing water and leaky hoses.	<input type="checkbox"/> Recycling bins	Keep recycling bins dry.
<input type="checkbox"/> Containers	Cover containers or turn upside down so that they do not hold water: ashtrays, boxes, buckets, cans, cups, jars and pots.	<input type="checkbox"/> Screens	Install and maintain tight-fitting window and door screens.
<input type="checkbox"/> Dead birds	Pick up dead birds with a shovel or gloves. Double bag in plastic and report it to 1-877-968-2473 or go to http://westnile.ca.gov , or dispose of in trash. Dead birds should not be handled directly. Wash your hands thoroughly afterwards.	<input type="checkbox"/> Shrubby	Trim and thin shrubs and bushy plants since they can be mosquito hiding areas.
<input type="checkbox"/> Drains	Keep outdoor drains flowing freely.	<input type="checkbox"/> Tool sheds	Keep shed roofs maintained and eliminate water around foundation.
<input type="checkbox"/> Dripping water	Fix leaky faucets, air conditioners and hoses.	<input type="checkbox"/> Tires	Properly dispose of old tires. Drill drainage holes in tires used in retaining walls and in landscaping.
<input type="checkbox"/> Dumpsters	Keep dumpsters covered and remove any water inside and under dumpster.	<input type="checkbox"/> Trash cans	Keep trash cans covered. Remove buckets and containers from around trash areas.
<input type="checkbox"/> Dunks/BTI	Dunks are donut-sized pellets that kill mosquito larvae but are non-toxic to animals. They dissolve slowly in water. Available at hardware and garden stores. Also known as BTI.	<input type="checkbox"/> Trees	Eliminate water from dead tree stumps and hollow areas of live trees.
<input type="checkbox"/> Flat roofs	Inspect weekly to remove any puddles.	<input type="checkbox"/> Trash	Keep the lid on trash receptacles and clear trash around yard.
<input type="checkbox"/> Landscaping	Do not overwater. Eliminate any areas of excess standing water weekly.	<input type="checkbox"/> Umbrellas	If a table umbrella or basketball base is filled with water, cap tightly, seal with duct tape or fill with sand and cover tightly.
<input type="checkbox"/> Lawn ornaments	Should be checked for areas that hold water, and drained or flushed weekly.	<input type="checkbox"/> Vaccinate	Vaccinate horses against West Nile virus.
<input type="checkbox"/> Lighting	Check garden lights and eliminate water from tops of fixtures and from inside flood lights.	<input type="checkbox"/> Watering system	Do not overwater. Eliminate any areas of excess standing water weekly.
<input type="checkbox"/> Playgrounds	Drill drainage holes in tire swings and playground equipment that holds water.	<input type="checkbox"/> Weeds	Remove weeds, especially around areas close to water.
<input type="checkbox"/> Ponds	Stock with mosquito-eating fish. Use mosquito dunks or BTI in ponds and larger bodies of water. Follow instructions for safe use.	<input type="checkbox"/> Wheelbarrows	Store wheelbarrows vertically or turned over to prevent water accumulation.

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JOIN THE "SWAT TEAM" AGAINST WEST NILE VIRUS

Defend Yourself Against Mosquitoes:

DRAIN standing water around the house weekly including: tires, cans, flowerpots, clogged rain gutters, animal water dishes, toys and puddles, since it's where mosquitoes lay eggs.

DUSK & DAWN are when mosquitoes that carry the virus are most active, so limit outdoor activities or take precautions to prevent mosquito bites.

DEET is an effective ingredient to look for in insect repellents. Always follow label instructions carefully.

DRESS in long sleeves and pants during dawn and dusk or in areas where mosquitoes are active.

West Nile Virus disease is rare, but if you have symptoms including high fever, severe headache and stiff neck, contact your health care provider immediately.

Combata los piquetes de sancudo:

DESAGUE agua estancada alrededor de la casa (en llantas, cubos de basura, macetas, canalones y charcos) pues ahí ponen huevos los sancudos. Corte la hierba y arbustos y no riegue demasiado.

AL ATARDECER y AMANECER están más activos los sancudos que portan el virus. Evite actividades afuera o tenga precauciones para prevenir piquetes.

"DEET" es un ingrediente que deben tener los repelentes de insectos para que sean efectivos. Siga las instrucciones.

VÍSTASE con camisetas de manga larga y pantalones cuando esté afuera en la tarde o al amanecer o donde haya muchos sancudos.

La enfermedad del Virus del Nilo Occidental es rara, pero si Usted tiene los siguientes síntomas como dolor de cuello, fiebre alta y fuerte dolor de cabeza, contacte inmediatamente a su proveedor de servicios médicos.

Shasta County West Nile Virus Task Force

Shasta Mosquito &
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(530) 365-3768

www.shastamosquito.org
contact@shastamosquito.org

www.fightthebitecolorado.com

www.shastapublichealth.net

225-5591 or 1-800-971-1999

