

BE A GOOD NEIGHBOR TOGETHER WE CAN FIGHT THE BITE

West Nile Virus is now in most of the United States. The way most people become infected is through the bite of an infected mosquito. You can reduce your chance of getting infected by avoiding mosquito bites.



You can do more to protect yourself and your family.

- 1 Be aware that West Nile infected mosquitoes are active from dusk to dawn – 7pm to 7am
- 2 When outdoors in the evening, wear long sleeves, pants and socks
- 3 Apply mosquito repellent with DEET prior to going outside in the evening

West Nile Virus

About 20% of infected people will show symptoms. A small number will develop severe disease called West Nile Encephalitis or West Nile Meningitis (inflammation of the brain or the tissue around the brain). There is no vaccine available.

Symptoms of severe illness include headache, high fever, stiff neck, mental confusion, muscle weakness or paralysis, tremors (shaking), convulsions and coma. See your doctor if you develop these symptoms.



You can do more to protect yourself and your family
Be Aware – Be a Good Neighbor



Maricopa County
Department of Public Health

REDUCE YOUR RISK OF WEST NILE VIRUS

Avoid Mosquito Bites

Spray! Spray insect repellent containing DEET (N, N-diethyl-m-toluamide) on exposed skin when you go outdoors. Spray clothing with repellents containing DEET or permethrin. Products with a higher percentage of DEET (up to 50%) give longer protection. Use according to manufacturers directions.

Use Repellant Carefully! Repellents containing DEET are safe for adults and children when used according to manufacturers directions. Don't put repellent on kid's hands because it may get in their mouth or eyes.

Cover Up! Wearing long sleeve shirts, long pants and socks sprayed with repellent while outdoors can further help prevent mosquito bites.

Avoid Mosquitoes! Many mosquitoes bite between dusk and dawn. Limit time outdoors during these hours, or be especially sure to use repellents and protective clothing.



Mosquito-Proof Your Home



Screens: Keep mosquitoes outside by fixing or installing window and door screens.

Drain Standing Water: Don't give mosquitoes a place to breed. A small amount of standing water can be enough for a mosquito to lay her eggs.

Look around every week for possible mosquito breeding places: Empty water from buckets, cans, flower pots and other items. Keep proper chlorine levels in pools. Throw away or cover up stored tires and other items that aren't being used. Clean pet water bowls and bird baths weekly. If you store water outside or have a well, make sure it is covered up. Encourage your neighbors to do the same.

If you have a pond or outdoor tank, mosquito-eating fish are available at no charge from Maricopa County Environmental Services Vector Control at 3343 W. Durango #3911, Phoenix, 85009. Please call 602.506.0700 for availability.

Be a Good Neighbor – Help Your Community

Eliminate mosquito breeding sites around your home and your community.

Be proactive – work with your neighbors, Home Owners Associations and local communities to get the word out.

Resources to help you FIGHT THE BITE

Maricopa County Department of Environmental Services

- File a mosquito complaint - 602.506.6616

- Report dead birds (an indicator of West Nile Virus in the area) - 602.506.6616

Centers for Disease Control: <http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>

Arizona Department of Health Services: <http://www.westnileaz.com/>



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