

## Stop mosquitoes from biting you!

- Wear long sleeved shirts, long pants, and shoes with socks when outside.



- Avoid outdoor activities at dawn and dusk when mosquitoes are most active – especially important for adults over 50 years old.

- Place mosquito netting over your infant carrier.



- Make sure your door and window screens fit tightly and are free of holes and tears.



- Use mosquito repellent on exposed skin when outdoors. There are several effective products on the market: DEET, Picaridin, oil of lemon eucalyptus, and soybean oil. Also permethrin is available to apply to clothing & netting. Not all repellents are appropriate for very young children, and there are specific precautions, so discuss with your physician. Further information is available from the CDC website.



- No human vaccine against WNV exists, at this time.
- Horses can and should be vaccinated against WNV. For further information, discuss with your veterinarian and review the California Department of Health Services website.

## MARIN COUNTY DEPARTMENT OF HEALTH AND HUMAN SERVICES

20 North San Pedro Road  
San Rafael, CA 94903  
(415) 499-3696

[www.co.marin.ca.us](http://www.co.marin.ca.us)

## MARIN / SONOMA MOSQUITO & VECTOR CONTROL DISTRICT

595 Helman Lane  
Cotati, CA 94931  
(707) 285-2200 or (800) 231-3236

[www.ms mosquito.com](http://www.ms mosquito.com)

## OTHER TASK FORCE MEMBERS:

*Bolinas Community Public Utility District*

*California Department of Health Services*

*Kaiser Permanente*

*Marin County Environmental Health Services*

*Marin County Department of Agriculture*

*Marin County Sheriff's  
Office of Emergency Services*

*Marin County Parks and Open Space*

*Marin County Veterinary Medical Association*

*Marin General Hospital*

*Marin Humane Society*

*Marin Medical Society*

*Marin Municipal Water District*

*National Park Service*

*Novato Community Hospital*

*Stinson Beach County Water District*

# Important Information on West Nile Virus in Marin County



*Presented by:*  
**The Marin County  
West Nile Virus  
Task Force**

## What is West Nile Virus?

West Nile Virus (WNV) is a virus carried by mosquitoes. When an infected mosquito bites, the virus is transmitted to humans, horses, many varieties of birds, and some other animals.

Experts believe that WNV is established in North America as an annual epidemic. California has had a significant number of cases including some fatalities.

### What is Marin County Doing to Fight WNV?

There are several ways to help detect and control WNV in Marin: Surveillance, Mosquito Control, and Education.

**Surveillance** involves testing mosquitoes, chickens, and dead birds for WNV to detect the virus as early as possible. Humans and horses that show signs of WNV infection are also tested.

**Control** means eliminating mosquitoes where they breed. The Marin Sonoma Mosquito and Vector Control District and the Marin County Agriculture, Environmental Health, and Health and Human Services Departments are collaborating to prevent mosquito breeding and to educate the public about how West Nile Virus can be prevented.

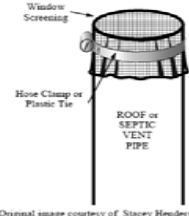
**Education** is done by the WNV Task Force whose members develop educational materials (e.g. brochures, Marin County WNV website), do community outreach, and help educate health care providers.



## Prevent Mosquito Breeding

There are several simple things you can do to fight WNV:

- Eliminate standing water around buildings to stop mosquito breeding. Culprits include bird baths, plant saucers, containers, septic tanks, sump pumps, and water under homes.
- Keep water troughs and garden ponds fresh and stock with mosquito fish. (Do not allow fish to enter waterways, creeks, or streams.)
- Seal septic tanks and screen vents.
- Cover barrels and buckets.
- Cover old tires or store indoors.
- Clean clogged gutters.
- Fill treeholes.
- Manage irrigation water.
- Report mosquito breeding sites to the Marin/Sonoma Mosquito and Vector Control District.



FLIP IT



DUMP IT



DRAIN IT

## What do I do if I think I have WNV?

While human illness from WNV is potentially serious, it is relatively rare even where WNV has been found. **Simply getting a mosquito bite does not require medical attention or testing for WNV.**

Most people (80%) infected with WNV have no symptoms. About 20% of those infected develop West Nile Fever, which usually resolves in 3-5 days but may last longer. Less than 1 % of infected people become severely ill. Individuals over 50 years old are at greater risk.

Symptoms of West Nile Fever can include fever, headache, mild skin rash, and swollen lymph nodes. Symptoms of more serious neurologic illness include stiff neck, disorientation, weakness, and paralysis. If you think you have symptoms of WNV illness, see your doctor.

### For More Information:

#### Marin County Department of Health & Human Services

[www.co.marin.ca.us/WNV](http://www.co.marin.ca.us/WNV)

Warmline - (415) 473-3236

Communicable Disease Unit -

(415) 473-7805 and (415) 473-2623 (Spanish)

#### Marin County Environmental Health Services

[www.co.marin.ca.us/ehs](http://www.co.marin.ca.us/ehs)

(415) 499-6907

#### Marin/Sonoma Mosquito & Vector Control District

[www.msosquito.com](http://www.msosquito.com)

(800) 231-3236

#### California Department of Health Services To report dead birds:

[www.westnile.ca.gov](http://www.westnile.ca.gov) (preferred method of reporting)

(877) WNV-BIRD or (877) 968-2473

#### Centers for Disease Control & Prevention (CDC)

<http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>