








## Why should you worry about West Nile virus?

-  West Nile virus can make you and your family sick.
-  West Nile virus is spread by mosquitoes.
-  You get West Nile virus from a mosquito bite.
-  You can feel sick 3 – 15 days after a mosquito bites you.
-  People who get sick may feel like they have the flu. They may have:
  - Fever
  - Headache
  - Body Aches
  - Rash
-  Some people who get West Nile virus get very sick and die.
-  Most people who have gotten really sick have been about 50 or older, but everyone needs to be aware of mosquitoes, and keep them away.

Call your doctor or clinic  
if you have questions.

For more facts go to:

California Department of Health Services  
[www.westnile.ca.gov](http://www.westnile.ca.gov)

Centers for Disease Control and Prevention  
[www.cdc.gov/ncidod/dvbid/westnile/](http://www.cdc.gov/ncidod/dvbid/westnile/)



ENGLISH VERSION

# FIGHT THE BITE!



**PROTECT YOURSELF  
AND YOUR FAMILY FROM  
WEST NILE VIRUS**

For more information:  
[www.westnile.ca.gov](http://www.westnile.ca.gov)  
1-877-WNV-BIRD or  
1-877-968-2473

## What can you do?

Avoid mosquito bites!

Mosquitoes bite in the early morning and early evening hours.



During the two hours after the sun sets is when mosquitoes bite the most.



If you go out at these times wear long pants and long sleeved shirts.

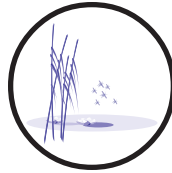
Also, use insect repellent with DEET in it. Put the repellent on your skin that is not covered by clothes.

The DEET in the insect repellent keeps mosquitoes from biting you.



Follow the directions carefully.

## Keep your home safe!



Mosquitoes lay their eggs and grow in standing water.

It only takes 7 days for a mosquito egg to hatch and become an adult mosquito.

Get rid of standing water around your home.

Empty water out of buckets, old tires, flower pots and toys.



Change water every few days from pet bowls and bird baths.

Keep good screens on your windows and doors.

Screens will keep mosquitoes out.

## Tell your friends and neighbors!



West Nile virus is now found throughout California.

Dead birds are a sign that West Nile virus is in your area.



Birds like crows, ravens, and jays get very sick and can die from West Nile virus.

You do not get West Nile virus from touching a dead bird.



To monitor the spread of the virus, the State is tracking dead birds.

### To report a dead bird, go to

[www.westnile.ca.gov](http://www.westnile.ca.gov)

or call toll-free

1-877-WNV-BIRD

or 1-877-968-2473.