

Mosquito Borne Virus Prevention

Fight the Bite!

Mosquitoes are one of the deadliest creatures on earth; they have the potential to spread many different viruses like **West Nile**, dengue, chikungunya, and even **Zika**. There are over 3000 different species of mosquitoes in the world; 26 of these species are found in San Diego County, some of which are potential spreaders of these viruses (called “vectors”). In order to keep yourself, coworkers, family and neighbors safe from mosquito borne diseases, follow these three simple steps: **Prevent, Protect and Report!**

PREVENT!

Stop mosquitoes and mosquito breeding around your home and work area by:

- Keep storm drains clean
- Empty items that may hold water
- Cover trash cans
- Repair leaking faucets
- Drain old tires
- Store wheelbarrows upright
- Unclog rain gutters
- Keep swimming pools clean
- Add mosquito larvae eating fish to ponds and fountains
- Change water in birdbaths weekly
- Repair holes in door and window screens
- Store children’s toys indoors



PROTECT!

Keep mosquitoes from biting by:

- Use a mosquito repellent (stocked in City Stores)
- Repellents containing DEET, oil of Lemon Eucalyptus, Picaridin and IR3535 are effective and safe for everyone two months and older
- Wear long sleeves and long pants outside, when mosquitoes are most active
- Check for and repair holes in window and door screens

REPORT!

- Dead birds (crows, hawks and jays) to San Diego County Vector Control
- Green swimming pools and other standing water. Get free mosquito larvae eating fish by calling the San Diego County Vector Control. **NOTE:** These fish should never be placed in any natural habitat such as lakes, streams, rivers or creeks

Two of the more severe mosquito carried viruses that have been found in San Diego County are:

West Nile Virus

West Nile Virus (WNV) is a disease transmitted to humans, birds, horses and other animals, by infected mosquitoes.

- WNV is not spread through breathing in the virus or casual contact, e.g., touching or kissing
- Symptoms develop in 3 to 14 days
- Symptoms may include:
 - ✓ fever
 - ✓ headache
 - ✓ body aches
 - ✓ nausea
 - ✓ vomiting
 - ✓ swollen glands
 - ✓ rash
- Approximately 80% of people who are infected will not show any symptoms.
- There is no specific treatment for WNV infection.
- However, people should talk to their doctor if they develop severe symptoms, are a pregnant woman or a nursing mother.



Zika Virus

The Zika virus is a mosquito-borne virus spread by the bite of an infected Aedes mosquito (pictured above).

- The mosquito actively bites humans during the daytime
- Most cases reported have been in returning travelers from other countries
- The virus is rarely spread from person to person
- There has been at least one sexually-transmitted case in the San Diego region
- There have been a few reports of perinatal (mother-to-child) transmission in the United States
- Most people who become infected have no symptoms
- Symptoms may develop in 2 to 12 days
- Symptoms include:
 - ✓ Acute fever
 - ✓ Headache
 - ✓ Joint Pain
 - ✓ Rash
 - ✓ Conjunctivitis (red eyes)
 - ✓ Muscle aches
- Microcephaly (abnormal brain and small heads) have been reported among mothers who were infected while pregnant