

# Preventing the spread of West Nile Virus is everyone's job.

## What's my role in protecting myself and my family?

- ◆ Don't let people get bitten by mosquitoes!
- ◆ Apply an insect repellent that contains DEET. Follow the directions carefully. Use extra care to protect children.
- ◆ Stay indoors when mosquitoes are most active — at dawn and dusk.
- ◆ If you are outside, wear long-sleeved shirts and long pants. Place mosquito netting over infant carriers when outdoors with babies.
- ◆ Repair or install screen doors and windows.
- ◆ Don't give mosquitoes a place to breed. Drain standing water on your property at least weekly. Don't forget to check pools and ornamental ponds, clogged rain gutters, basement under house, old tires, leaky watering equipment, birdbaths, plant saucers, hot tub covers and others.
- ◆ Report dead birds to the state:
  - Call 1-877-WNV-BIRD. They will be testing for WNV.
- ◆ Cover the roof-top vent to your septic tank with a screen—a critical issue in rural areas.
- ◆ Stock fish ponds, watering troughs and other standing water with mosquito fish. Contact the Mosquito Abatement District for information, (916) 435-2140.
- ◆ Call the District at (916) 435-2140 or the County at 530-889-7667 for a free informational presentation, brochures or posters.

## Local agencies' role in prevention:

### Mosquito Abatement

In 2000, residents of western Placer County approved a per parcel assessment to pay for mosquito abatement through the Placer Mosquito Abatement District, and in 2004, property owners in the rest of Placer County also approved the assessment. The District controls both larvae and adult mosquitoes within district boundaries, using a state-approved program.

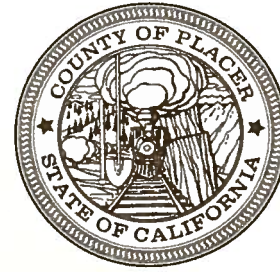
### Surveillance

The District and the County continue to monitor the situation. The Placer Mosquito Abatement District tests mosquito populations and sentinel chicken flocks. The state tests dead birds. Should there be a suspected case of West Nile fever or related illness, Placer County Health and Human Services will assist with verification and release of information.

### West Nile Virus Working Group

A number of Placer County agencies and the California Department of Health Services have been proactively planning community outreach and education, plus monitoring, surveillance and abatement strategies.

The working group includes Placer Mosquito Abatement District, Placer County Health and Human Services including Community Health, Environmental Health, MIS, and Animal Services; Placer County Agricultural Commission; Office of Emergency Services; Public Information Office; Executive Office; and Public Works; Dr. Greg Fellers, DVM; and the California Department of Health Services.



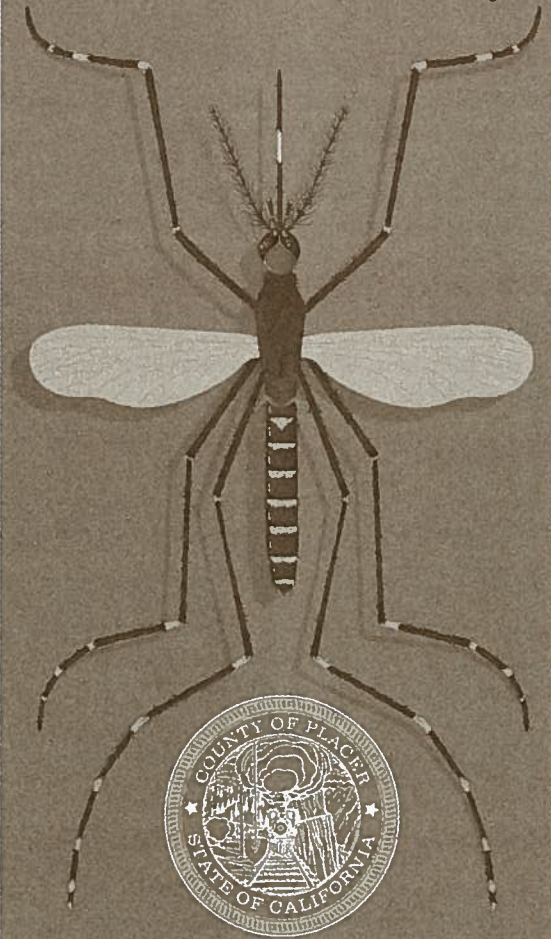
**Placer County**  
**Health and Human Services**  
11484 B Avenue, DeWitt Center  
Auburn, CA 95603  
[www.placer.ca.gov/wnv](http://www.placer.ca.gov/wnv)  
530-889-4001

**Placer Mosquito Abatement District**  
150 Waverly Drive  
Lincoln, CA 95648  
[www.placermosquito.org](http://www.placermosquito.org)  
916-435-2140

*Special thanks to the Coachella Valley Mosquito and Vector Control District for the art in this brochure.*

## West Nile Virus

Protect yourself and your family



Placer County  
Health & Human Services  
**Placer Mosquito Abatement District**



## What is West Nile Virus?

West Nile Virus (WNV) is a mosquito-borne virus that has spread to Northern California area during the summer of 2004. An indicator of WNV in the area may be detection of the virus in dead birds such as crows, ravens, jays, magpies, hawks, owls and other birds.

### How do people get WNV?

WNV can infect humans, birds, mosquitoes, horses and some other animals. Infected mosquitoes transmit WNV to humans and animals while biting to take a blood meal. WNV is not transmitted person-to-person.

### Who is at-risk for getting WNV?

All residents of areas where there is virus activity are at-risk for getting WNV. Persons over the age of 50 have the highest risk of severe disease.

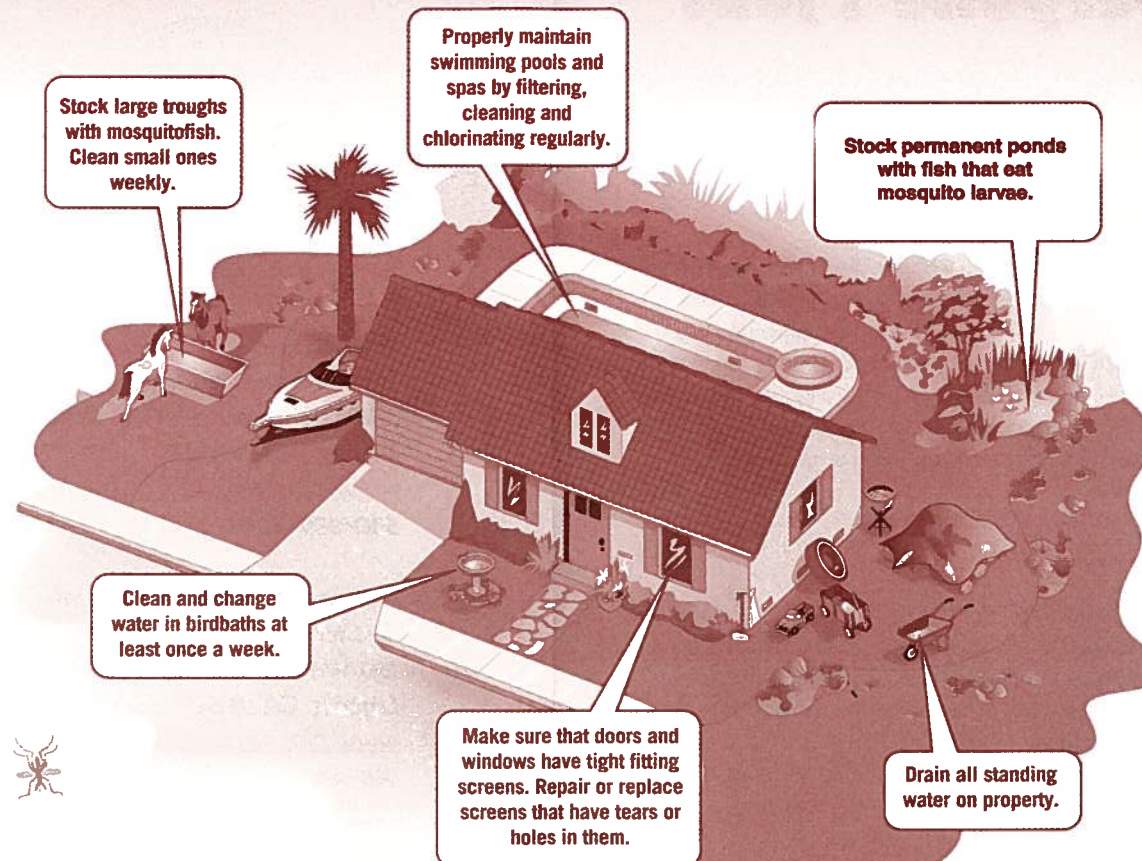
### What are the symptoms of WNV?

About 80 percent of people who are infected with WNV will not have any type of illness. The majority of people who become ill will have a mild-to-moderate flu-like illness which can be prolonged. A small minority of people (1 in 150 approximately) can become seriously ill with neuropathic illness (including meningitis, encephalitis, or flaccid-paralysis syndrome). Seniors are at greater risk for serious illness. In 2003, more than 260 people died from West Nile Virus in the United States.

### Which animals get West Nile Virus?

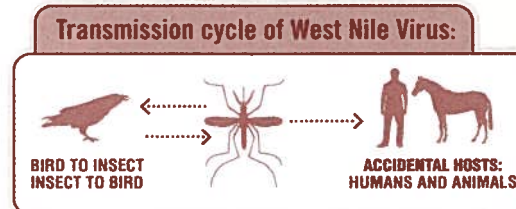
The disease most often affects wild birds, but occasionally causes disease in other animals. Many birds who have been infected with WNV will not appear ill. The majority of dead birds that have tested positive for the disease have been American crows. Newly dead birds should be reported to the State of California by calling 1-877-WNV-BIRD (1-877-968-2473). Do not pick up the birds with your bare hands.

## How can I protect myself and my family from West Nile Virus?



### Fight the bite — Avoid mosquitoes!

- > Avoid outdoor activities at dawn and dusk during mosquito season.
- > Wear long sleeves and long pants if you go out.
- > Use an insect repellent containing DEET – follow the directions.
- > Put mosquito netting over infant carriers outside.
- > Cover septic tank vents with a screen.



## Protecting your horses.

Horses do get West Nile Virus, although, like people, most horses bitten by infected mosquitoes don't get sick.

Signs of West Nile Virus illness include changes in mentation; horses often become very agitated, while some may become quite dull. Other symptoms could include difficulty eating, muscle tremors, hind leg weakness, stumbling, circling, inability to stand or death.

A safe and effective vaccine is available from veterinarians, which should be given early in the spring, before mosquitoes appear, and again mid-summer.

West Nile Virus does not spread from horses to people.

### Staying informed about West Nile Virus

Here are some easy ways to obtain more information.

Placer Mosquito Abatement District  
[www.placermosquito.org](http://www.placermosquito.org)  
916-435-2140

Placer County Health and Human Services,  
[www.placer.ca.gov/wnv](http://www.placer.ca.gov/wnv)  
530-889-4001

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

Regarding horses:  
Call your local veterinarian.  
Or [www.cdffa.ca.gov/ahfss/ah/wnvk\\_info.htm](http://www.cdffa.ca.gov/ahfss/ah/wnvk_info.htm)