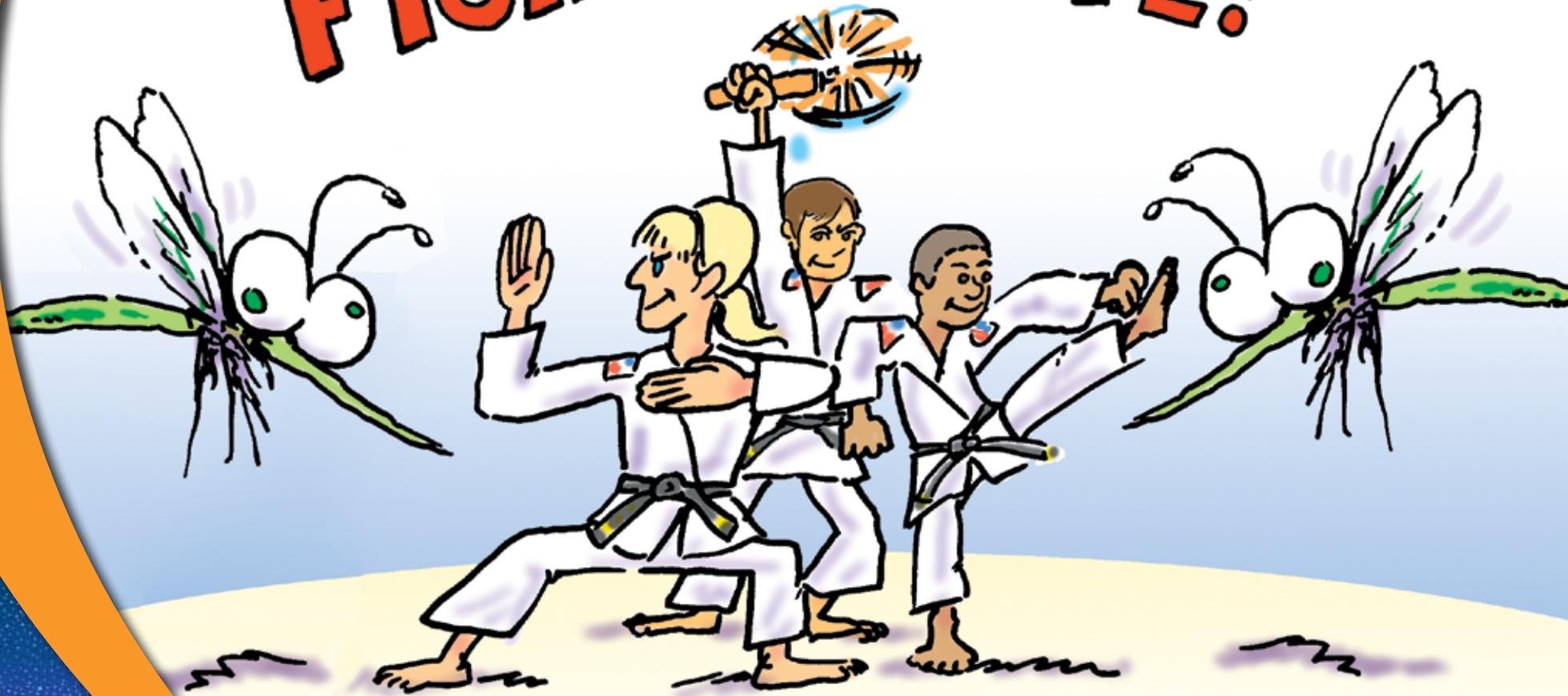
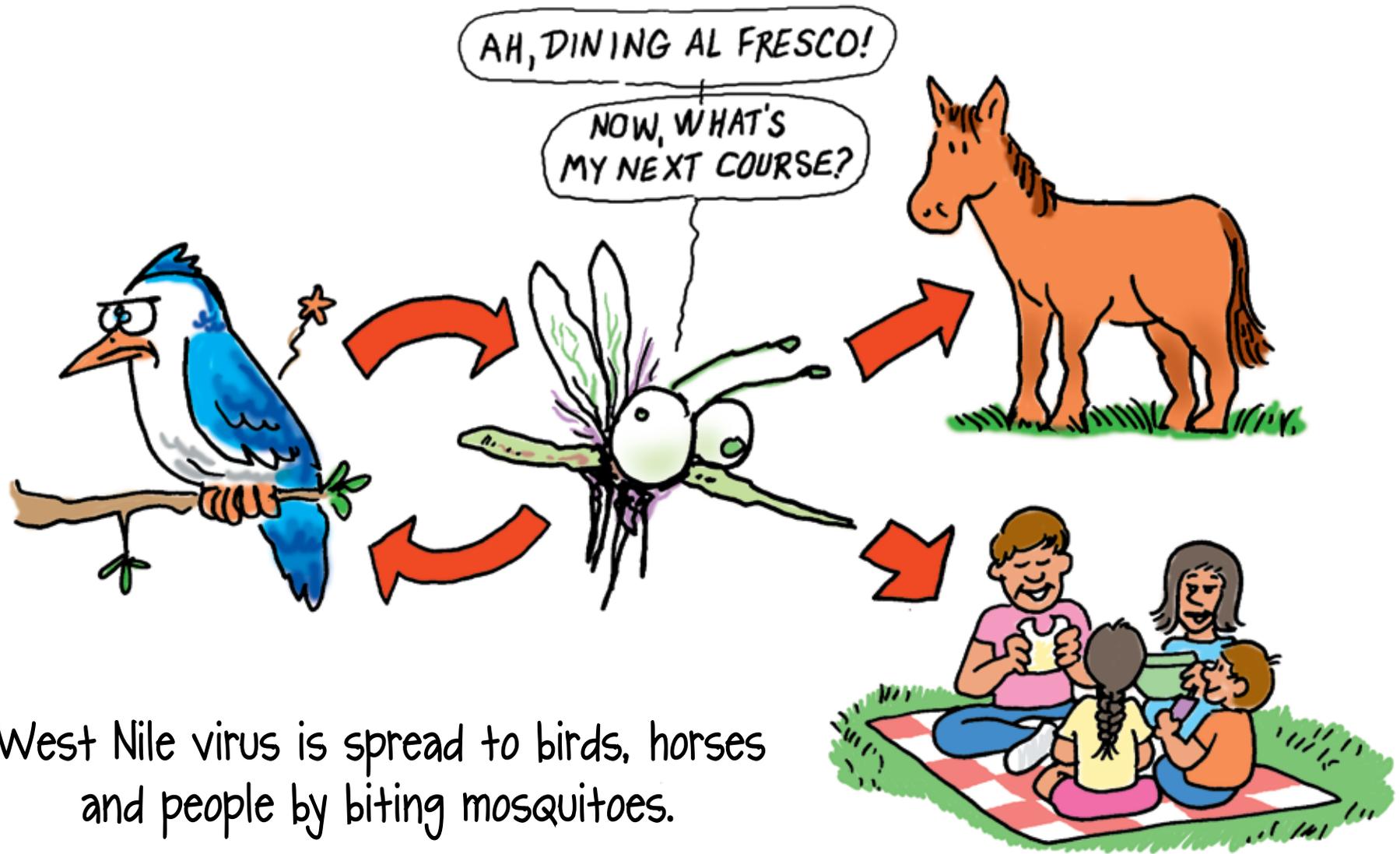


FIGHT THE BITE!



**FIGHT
THE BITE!**







July Julio 2008

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
<p>Dead Birds are a good indicator of West Nile virus. Call 1-877-968-2473 to report dead birds.</p>		1	2	3	4	5 Did you know that a female mosquito consumes about 5-millionths of a liter in a single blood meal? INDEPENDENCE DAY
		6	7	8	9	10
13	14	15 The types of mosquitoes that transmit West Nile virus bite at dawn and dusk.	16	17	18	19 People over 50 are at greater risk for contracting severe forms of West Nile virus.
20	21	22	23	24	25	26 Eliminate standing water around your home to get rid of mosquitoes.
27 PARENT'S DAY	28	29	30	31	<p>Handling Dead Birds. Remember to avoid bare-handed contact when handling dead animals, and use gloves or double plastic bags to place the carcass in a garbage bag. There is no evidence that a person can get West Nile virus from handling infected birds.</p>	



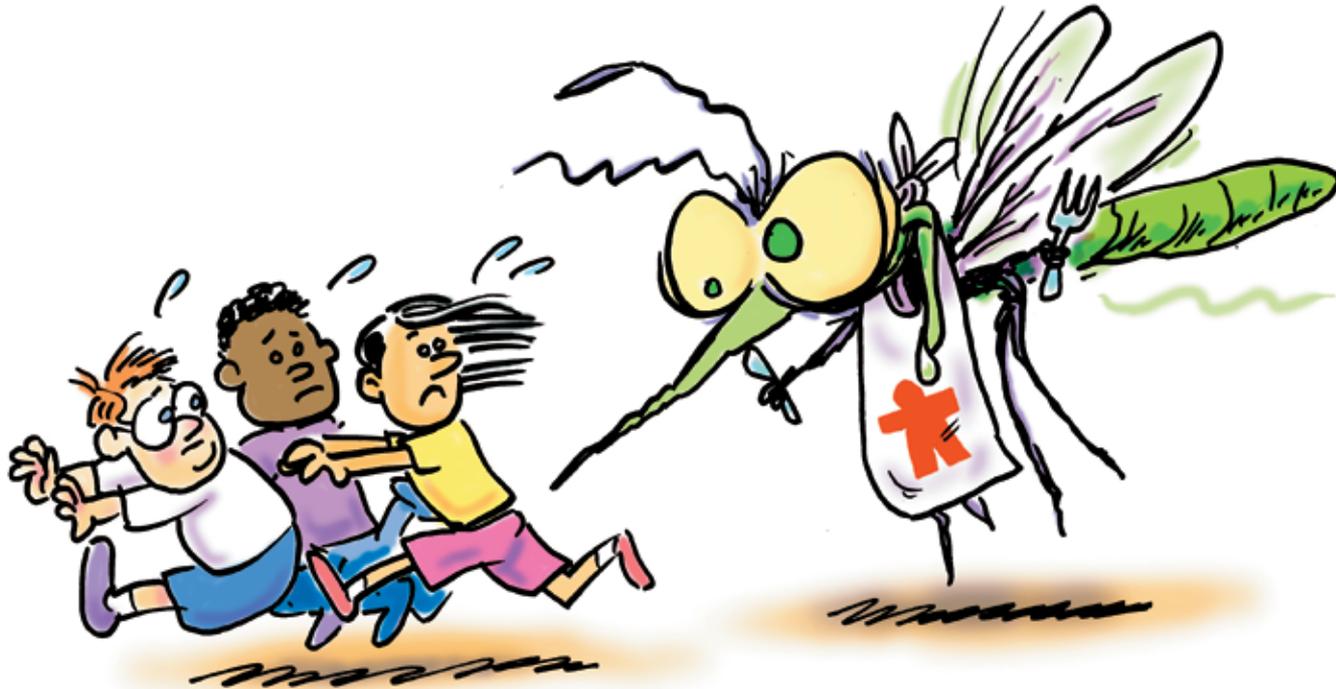
Don't play with your health! Protect yourself with repellents!



August Agosto 2008

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
					1	2 Eliminate standing water around your home every week.
3	4	5	6	7	8	9 When you go to outdoor sporting events this fall, wear repellent to keep insects away.
10	11	12	13	14	15	16 Change water in children's wading pools at least once a week.
17	18	19	20	21	22	23 Keep using that bottle of repellent. The season is not over yet!
24	25	26	27	28	29	30
31						

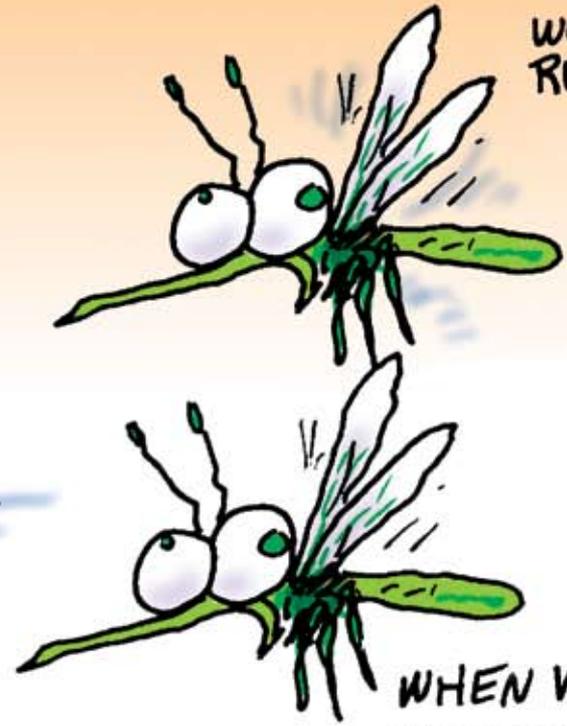
DON'T BE MOSQUITO MEAT!
USE DEET





September Septiembre 2008

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado								
	1 LABOR DAY	2 RAMADAN BEGINS	3	4	5	6 Always read and follow label instructions when using insect repellents.								
7 GRANDPARENT'S DAY	8	9	10	11	12	13 Insect repellents work by making you invisible to mosquitoes.								
14	15	16	17 CONSTITUTION DAY	18	19	20 DEET has been keeping mosquitoes away from people for over 40 years.								
21	22 FIRST DAY OF FALL	23	24	25	26	27 When you go to outdoor sporting events this fall, wear repellent to keep mosquitoes away.								
28	29 ROSH HASHANAH BEGINS	30	<p>All the insect repellents registered by the Environmental Protection Agency (EPA) have some repellent activity, but most authorities recommend those containing DEET as the most reliable and long-lasting. DEET repels mosquitoes, ticks, and other arthropods when applied to the skin or clothing. In general, the more DEET a repellent contains, the longer time it can protect against mosquito bites (see table). However, there appears to be no added benefit of concentrations greater than 50 percent. Length of protection also varies with ambient temperature, amount of perspiration, any water exposure, abrasive removal, and other factors.</p>			<table border="1"> <thead> <tr> <th>DEET CONCENTRATION</th> <th>HOURS OF PROTECTION</th> </tr> </thead> <tbody> <tr> <td>23.8%</td> <td>5</td> </tr> <tr> <td>20%</td> <td>4</td> </tr> <tr> <td>6.65%</td> <td>2</td> </tr> </tbody> </table>	DEET CONCENTRATION	HOURS OF PROTECTION	23.8%	5	20%	4	6.65%	2
DEET CONCENTRATION	HOURS OF PROTECTION													
23.8%	5													
20%	4													
6.65%	2													



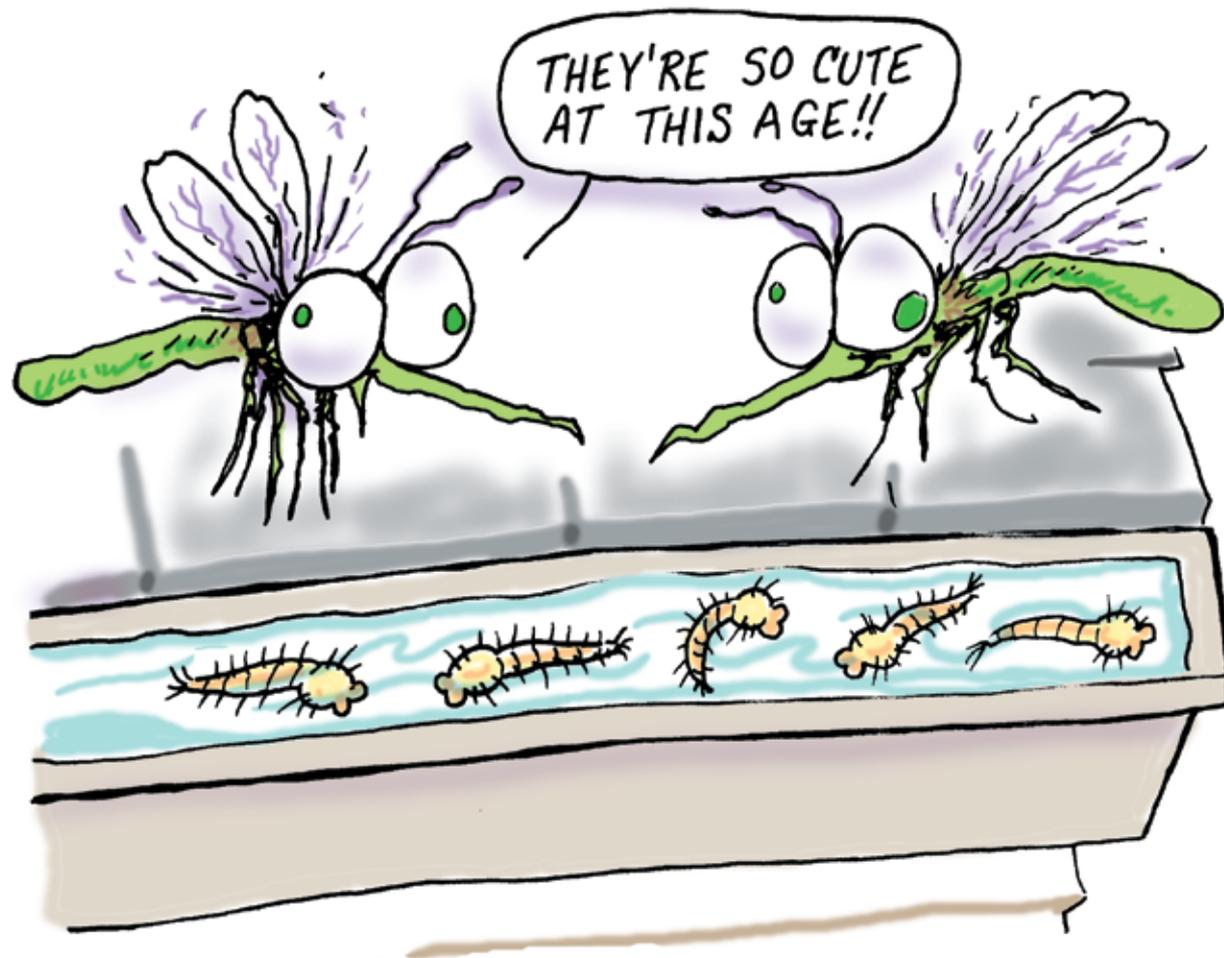
WOW-ARE WE
REALLY THAT
SCARY?!

WHEN WE CAN TRANSMIT
WEST NILE VIRUS
THROUGH A SINGLE BITE
OH, YEAH!



October Octubre 2008

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
			1 ROSH HASHANAH ENDS	2 EID AL-FITR	3	4 Keep your gutters clean and free of leaves to prevent mosquito breeding.
5	6	7	8	9 YOM KIPPUR	10	11 Don't be tricked into thinking mosquito season is over.
12	13 COLUMBUS DAY	14 SUKKOT BEGINS	15	16	17	18 Mosquito biting activity increases 500 times with a full moon.
19	20 SUKKOT ENDS	21	22	23	24	25 Unused pools are a great breeding site for mosquitoes.
26	27	28	29	30	31 HALLOWEEN	



Roof gutters can be a good home for mosquitoes.



November Noviembre 2008

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
						1 DÍA DE LOS MUERTOS
2 DAYLIGHT SAVINGS TIME ENDS	3	4 ELECTION DAY	5	6	7	8 Eliminate standing water around your home every week.
9	10	11 VETERAN'S DAY	12	13	14	15 Use DEET, picaridin or oil of lemon eucalyptus products to repel mosquitoes.
16	17	18	19	20	21	22 Getting bit every day? Look for breeding sites around your house.
23	24	25	26	27	28	29 Rake leaves. Decomposing leaves may become food for mosquito larvae in the spring.
30				THANKSGIVING		

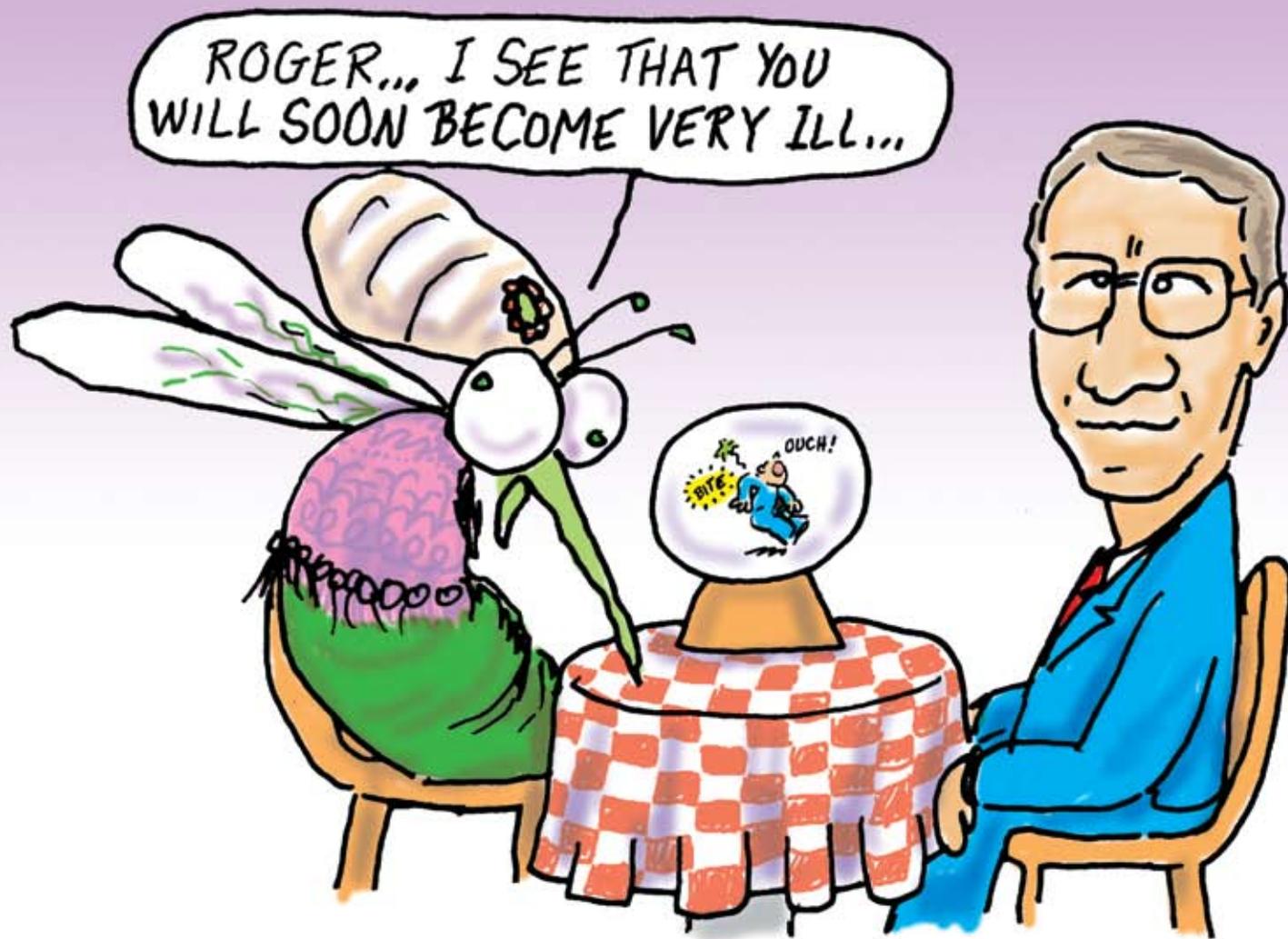


Happy Holidays!



December Diciembre 2008

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
	1	2	3	4	5	6 Did you know that a mosquito's wing can beat 500 times per second?
7 PEARL HARBOR REMEMBRANCE DAY	8	9 EID AL-ADHA	10	11	12	13 Planning a vacation to a warm climate? Make sure to pack repellent.
14	15	16	17	18	19	20 Mosquitoes can be found in sheds, barns, or other buildings in the winter.
21 CHANUKAH BEGINS WINTER SOLSTICE	22	23	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26 KWANZAA BEGINS	27 Some kinds of mosquitoes hibernate during the winter.
28 CHANUKAH ENDS	29 MUHARRAM	30	31 NEW YEAR'S EVE	<h2>Happy New Year!</h2>		



People over 50 are at greater risk of contracting severe forms of West Nile virus.



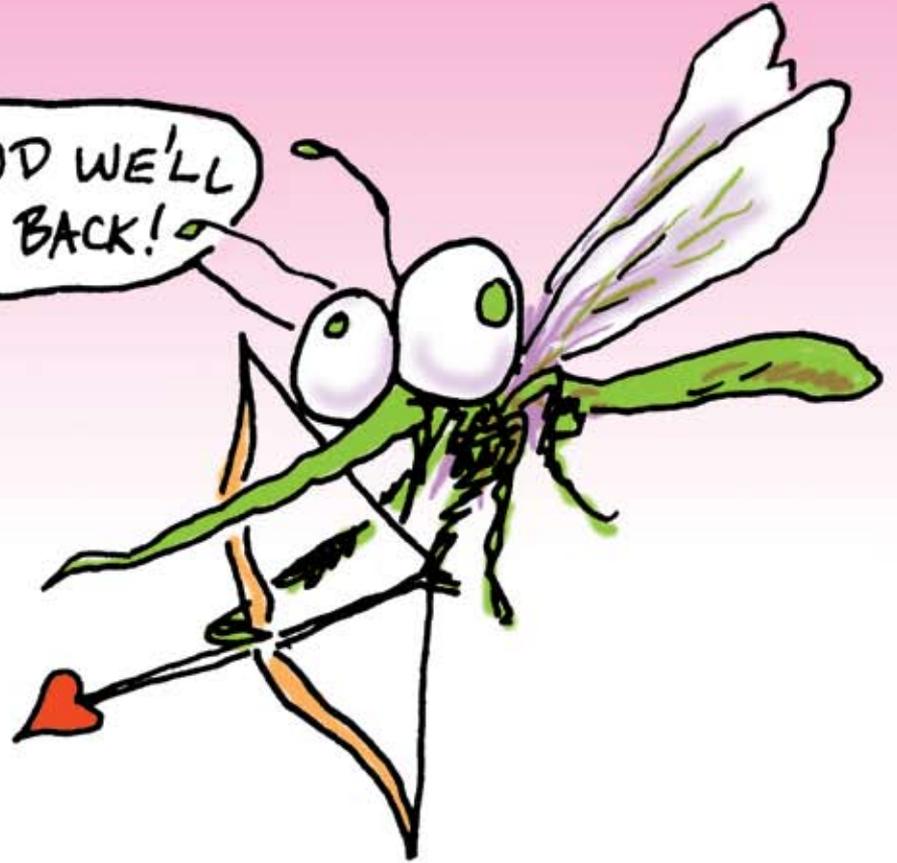
January Enero 2009

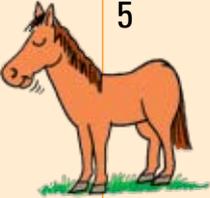
Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
				1 NEW YEAR'S DAY KWANZAA ENDS	2	3 Most people contract West Nile virus through the bite of an infected mosquito.
4	5	6	7	8	9	10 There is no vaccine that can prevent West Nile virus in humans.
11	12	13	14	15	16	17 West Nile virus is a serious illness that may require hospitalization.
18	19	20 INAUGURATION DAY	21 MARTIN L. KING, JR. DAY	22	23	24 West Nile virus arrived in the U.S. almost 9 years ago!
25	26 CHINESE NEW YEAR	27	28	29	30	31 Make a resolution to "Fight the Bite!"

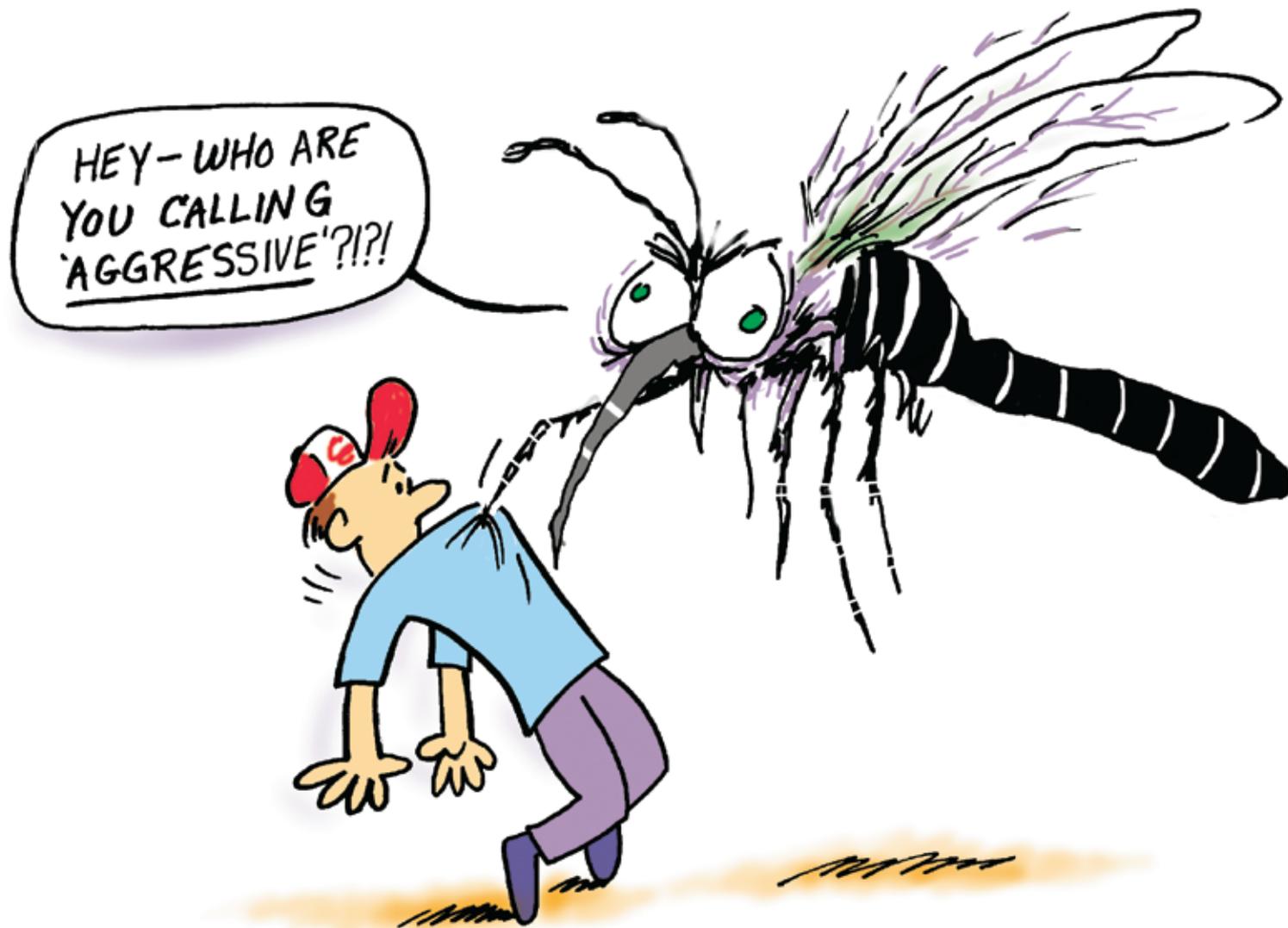
ANOTHER
MONTH
OR SO...



...AND WE'LL
BE BACK!



Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
1	2 GROUNDHOG DAY	3 HORSE OWNERS VACCINATE YOUR HORSES NOW!	4 	5	6	7 There are more than 3,000 mosquito species around the world.
8	9	10	11	12 LINCOLN'S BIRTHDAY	13	14 VALENTINE'S DAY
15	16 PRESIDENT'S DAY	17	18	19	20	21 Toys left outdoors can collect water and become a home for mosquitoes.
22 WASHINGTON'S BIRTHDAY	23	24 MARDI GRAS	25 ASH WEDNESDAY	26	27	28 A mosquito can smell the carbon dioxide you exhale from about 60 to 75 feet away.
					Some mosquitoes can transmit heartworm disease to dogs and cats. Consult your veterinarian for more information.	



The nighttime biting mosquito is black with white stripes on its nose and is found around your house or barn.



March Marzo 2009

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
1	2	3	4	5	6	7 Eliminate standing water around your home every week.
8 DAYLIGHT SAVINGS TIME BEGINS	9	10	11	12	13	14 Some mosquitoes thrive in old tires.
15	16	17 ST. PATRICK'S DAY	18	19	20 FIRST DAY OF SPRING	21 In some parts of California mosquitoes bite year around.
22	23	24	25	26	27	28 The season is heating up. Add repellent to your shopping list.
29	30	31 CESAR CHAVEZ DAY		Mosquito season is almost here!		

STAY!
... GOOD
GIRL!



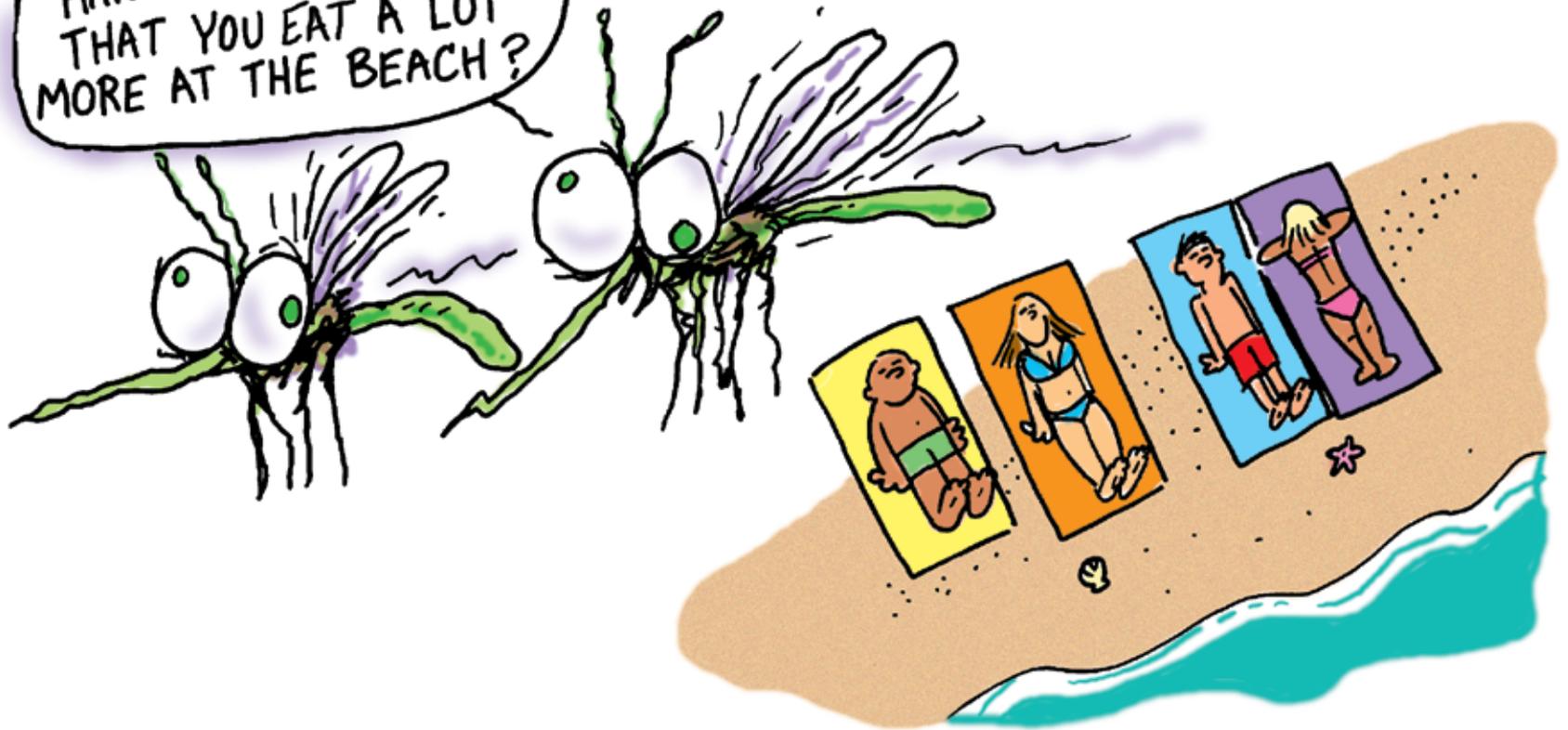
The mosquito whisperer—repels mosquitoes and educates people.



April Abril 2009

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
MOSQUITO SEASON IS HERE			1 APRIL FOOL'S DAY	2	3	4
			5 PALM SUNDAY	6	7	8
12 EASTER SUNDAY	13	14	15 TAX DAY	16	17	18 Wearing DEET (or another insect repellent) will make you repel mosquitoes!
19	20	21	22 EARTH DAY	23	24	25 The life span of a female mosquito ranges from 3 to 100 days.
26	27	28	29	30	Using mosquito repellent will reduce your risk of getting West Nile virus and will eliminate the aggravation of itchy mosquito bites. Fight the Bite.	

HAVE YOU EVER NOTICED
THAT YOU EAT A LOT
MORE AT THE BEACH?



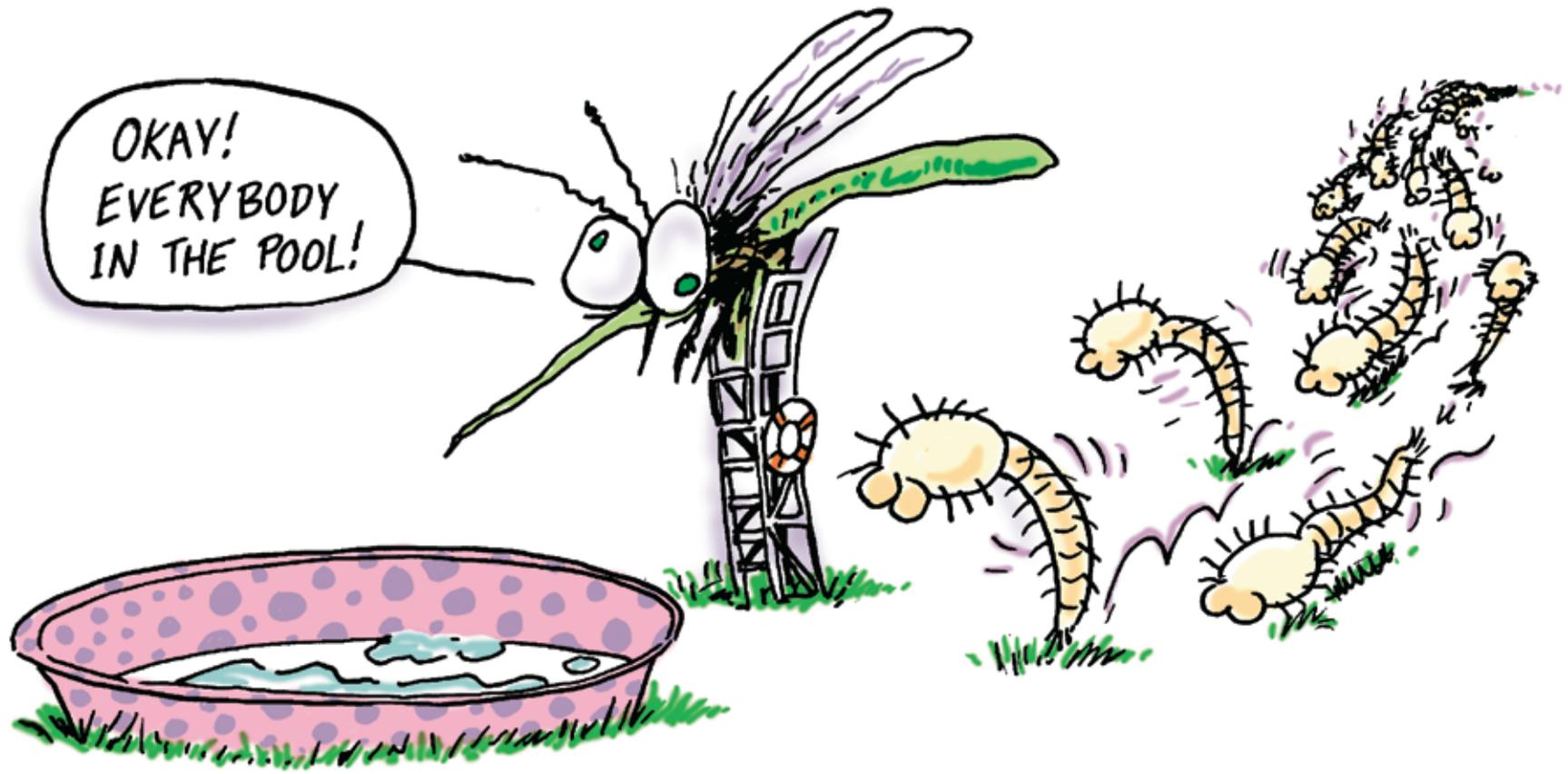
Don't be mosquito meat this summer. Use repellent!



May Mayo 2009

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
					1	2 Eliminate standing water around your home every week.
3	4	5 Inspect your yard for mosquito breeding sites.	6	7	8	9 Report dead birds at 1-877-WNV-BIRD (1-877-968-2473)
10 MOTHER'S DAY	11	12	13	14 NATIONAL DAY OF PRAYER	15	16 ARMED FORCES DAY
17	18	19	20	21	22	23 Mosquitofish love to eat mosquito larvae.
24	25	26	27	28	29	30
31	MEMORIAL DAY					Female mosquitoes need a blood meal to lay eggs.

Report Dead Birds 1-877-WNV-BIRD or 1-877-968-2473 • Visit www.westnile.ca.gov



Unused pools are often great breeding sites for mosquitoes.



June Junio 2009

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
	1	2	3	4	5	6 Visit local fairs and festivals. Wear repellent and dress properly.
7	8	9	10	11	12	13 How many species of mosquitoes call California home? (See December 2009 for the answer)
14 FLAG DAY	15	16	17	18	19 JUNETEENTH DAY	20 Mosquitoes want to land on your exposed skin. Long, light and loose clothing helps protect you from mosquitoes.
21 FATHER'S DAY SUMMER SOLSTICE	22	23	24	25	26	27 Dump standing water around your home.
28	29	30				



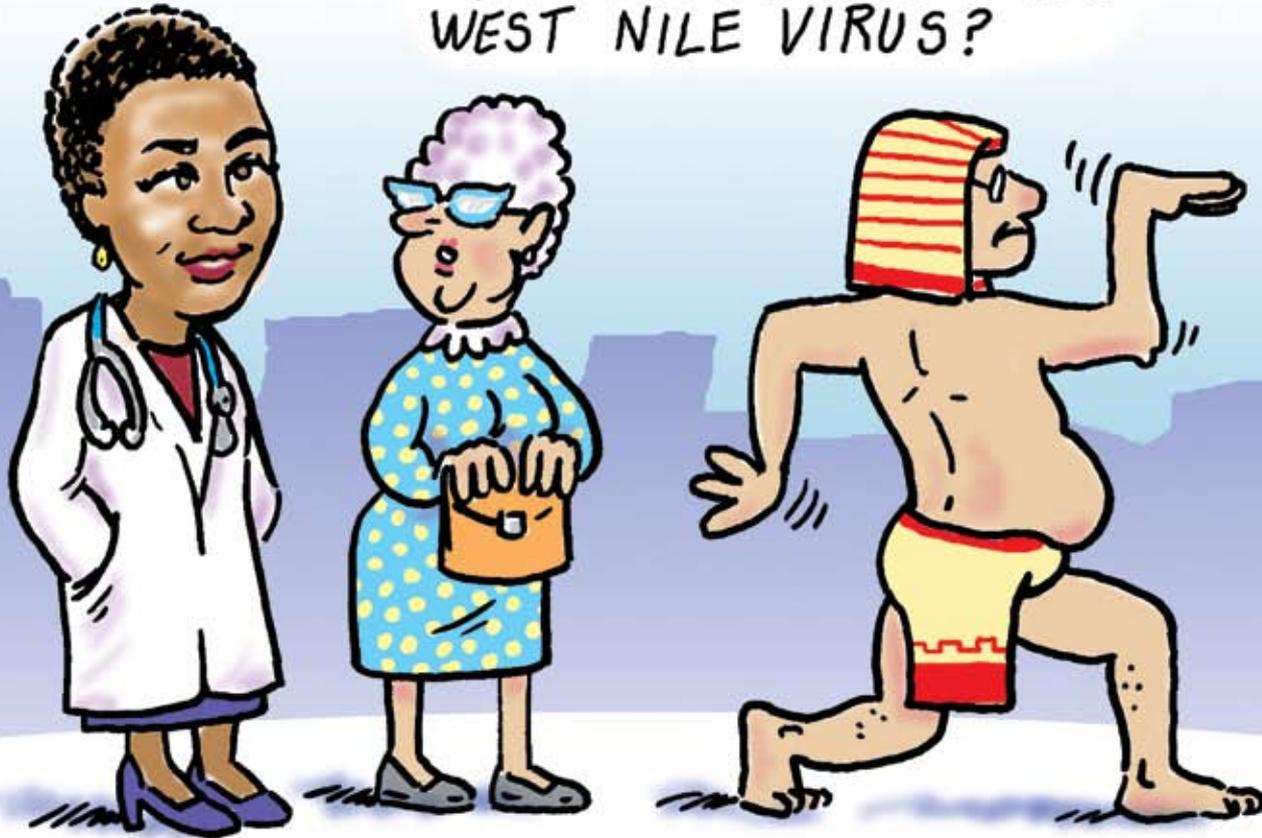
At the twilight's last gleam—make sure a repellent is on your team!



July Julio 2009

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
			1	2	3	4 INDEPENDENCE DAY
5	6	7	8	9	10	11 Mosquitoes become infected with West Nile virus when biting an infected bird.
12	13	14	15	16	17	18 Did you know that the western house mosquito breeds in green pools and can carry West Nile virus?
19	20	21	22	23	24	25 Use DEET, Picaridin or Oil of Lemon Eucalyptus to repel mosquitoes
26 PARENT'S DAY	27	28	29	30	31	

SO TELL ME, DOCTOR G...
WHAT MAKES YOU THINK IT'S
WEST NILE VIRUS?

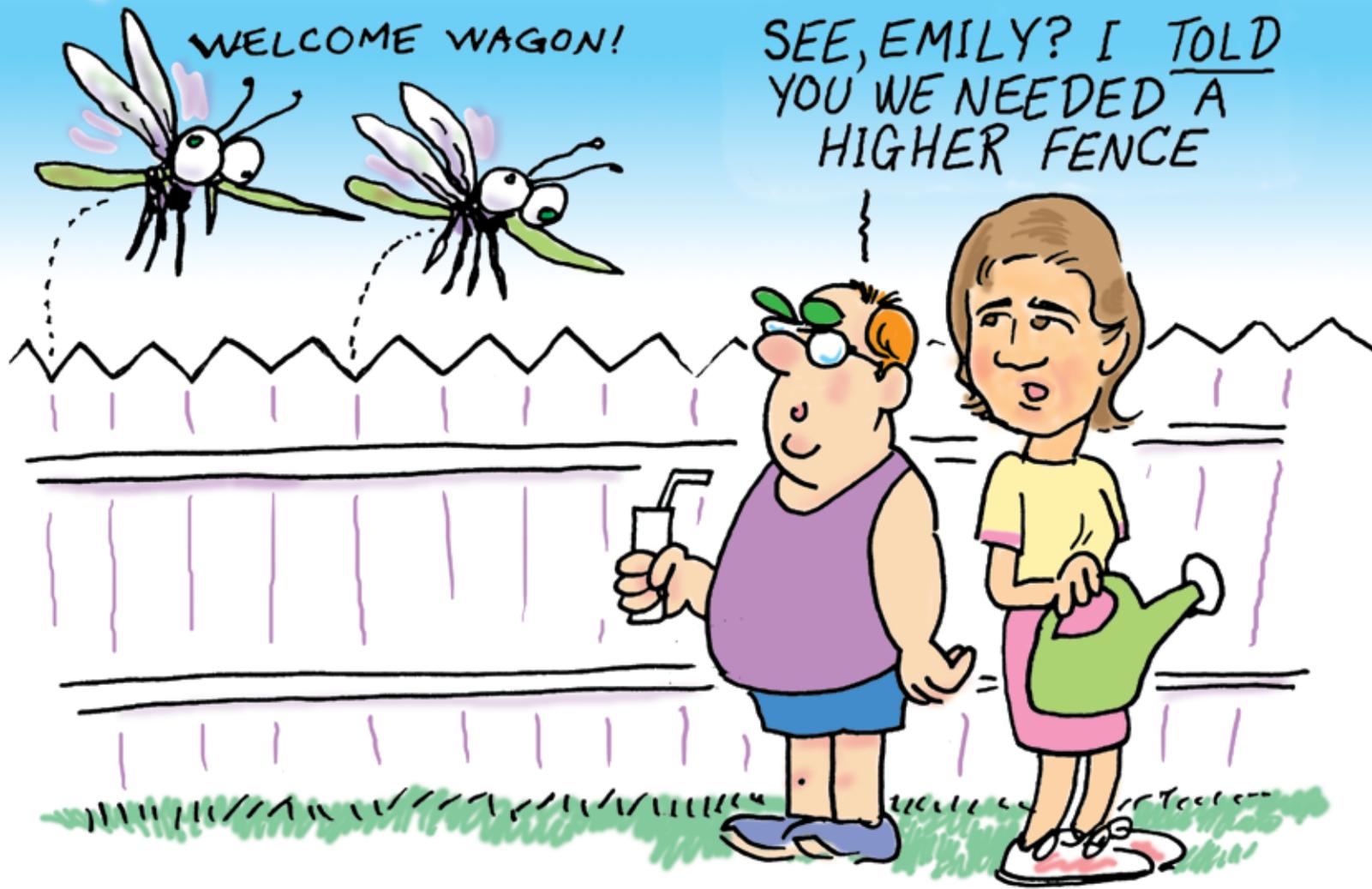


See your doctor if you are experiencing
the symptoms of West Nile virus.



August Agosto 2009

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
<p>WEST NILE VIRUS SYMPTOMS Serious Symptoms in a Few People. About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. WNV infection can be fatal. Milder Symptoms in Some People. Up to 20 percent of the people who become infected will display symptoms including fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as little as a few days, though even healthy people have been sick for several weeks. No Symptoms in Most People. Approximately 80 percent of people (about 4 out of 5) who are infected with WNV will not have any symptoms at all.</p>						1
2	3	4	5	6	7	8 Protect yourself from West Nile virus, wear repellent!
9	10	11	12	13	14	15 West Nile virus is spread to birds, horses and people by biting mosquitoes.
16	17	18	19	20	21	22 RAMADAN BEGINS
23	24	25	26	27	28	29
30	31					People over 50 are at greater risk for contracting severe forms of West Nile virus.



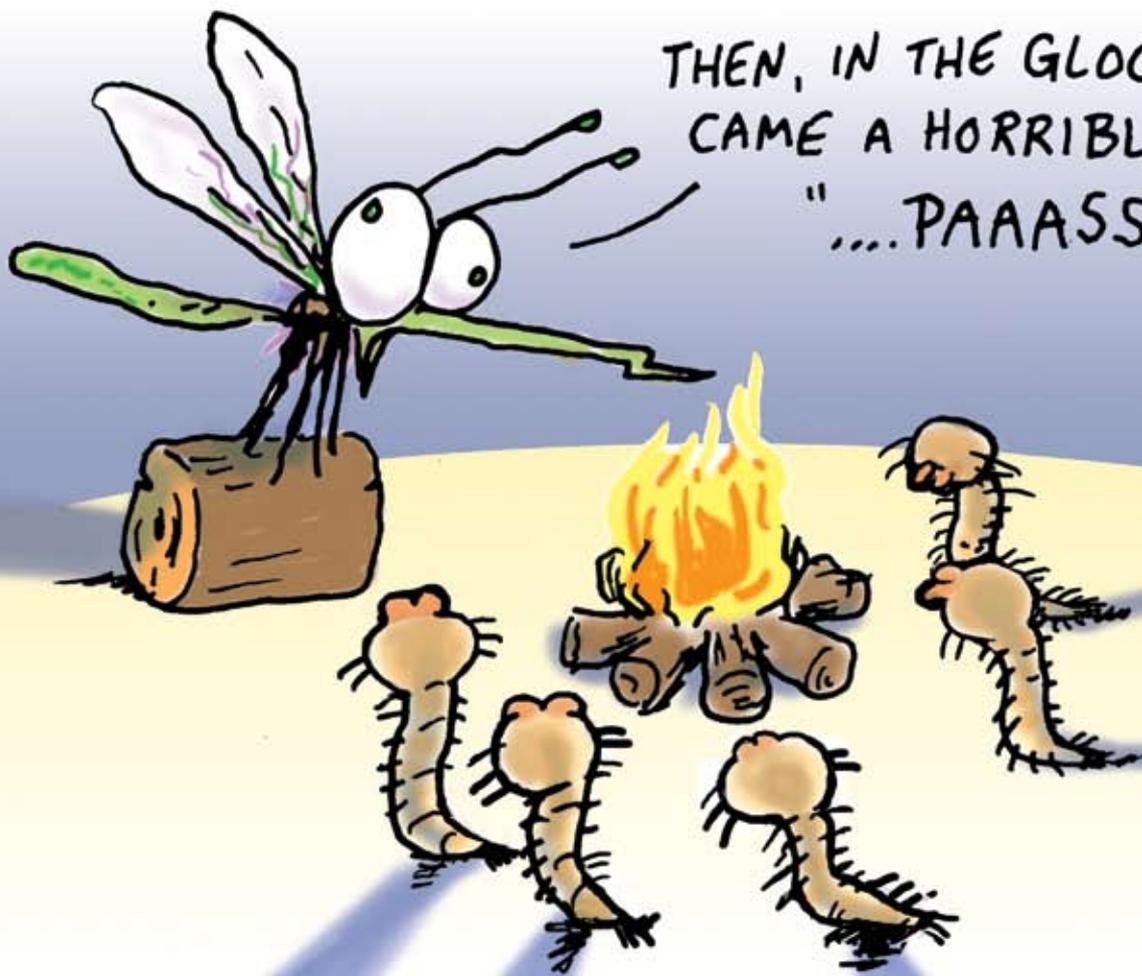
Don't let your mosquitoes bother your neighbors.



September Septiembre 2009

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
		1	2	3	4	5 Some female mosquitoes lay eggs in standing water.
6	7 LABOR DAY	8	9	10	11	12 Dump standing water around your home to eliminate mosquito production.
13	14	15	16	17	18 ROSH HASHANAH BEGINS	19 Can't get rid of water? Call your local vector control or use a larvicide.
20 ROSH HASHANAH ENDS	21 EID AL-FITR	22 FIRST DAY OF FALL	23	24	25	26 An abandoned pool can produce millions of mosquitoes.
27	28	29	30	Using mosquito repellent will reduce your risk of getting West Nile virus and will eliminate the aggravation of itchy mosquito bites. If you have eliminated standing water from containers around your home and still have a mosquito problem, a permethrin barrier spray may provide temporary relief from biting adult mosquitoes. Permethrin is an insecticide that both kills and repels mosquitoes. It has low human toxicity and is readily available in garden centers and hardware stores. When looking for permethrin products, make sure to check the labeling as permethrin is the name of the active ingredient—not the product brand name. Remember to read and follow label instructions when using insecticides.		

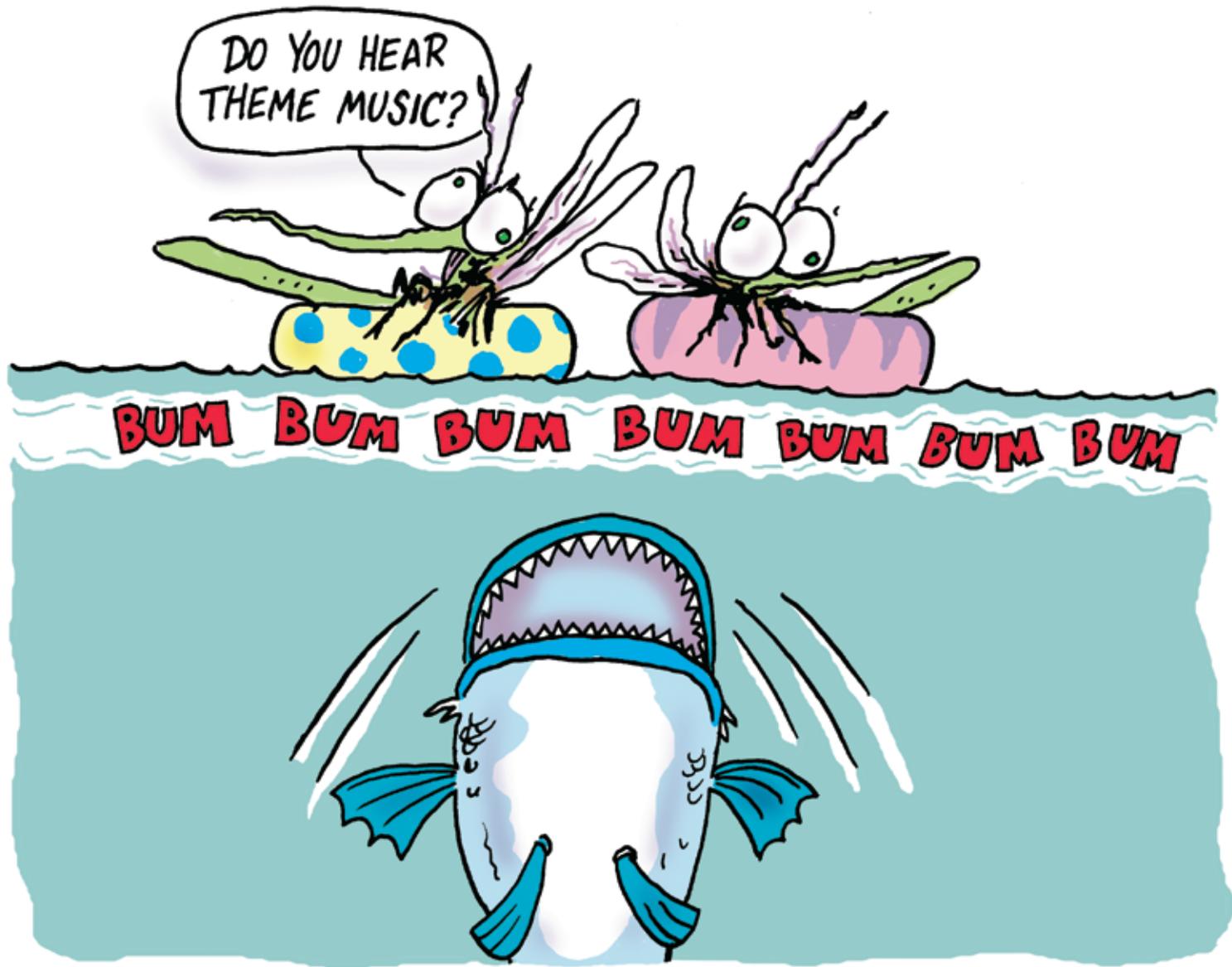
THEN, IN THE GLOOMY TWILIGHT,
CAME A HORRIBLE SOUND—
"....PAAASS THE DEEEET..."





October Octubre 2009

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
<p>If you are concerned about using an insect repellent containing DEET, you can contact the National Pesticide Information Center (1-800-858-7378 or http://www.npic.orst.edu) for information.</p>				1	2 YOM KIPPUR	3 SUKKOT BEGINS
4	5	6	7	8	9 SUKKOT ENDS	10 Check your yard and eliminate standing water every week.
11	12 COLUMBUS DAY	13	14	15	16	17 Mosquito larvae are immature mosquitoes that live in water.
18	19	20	21	22	23	24 Drain and/or cover swimming pools when not in use to prevent mosquito breeding.
25	26	27	28	29	30	31 HALLOWEEN

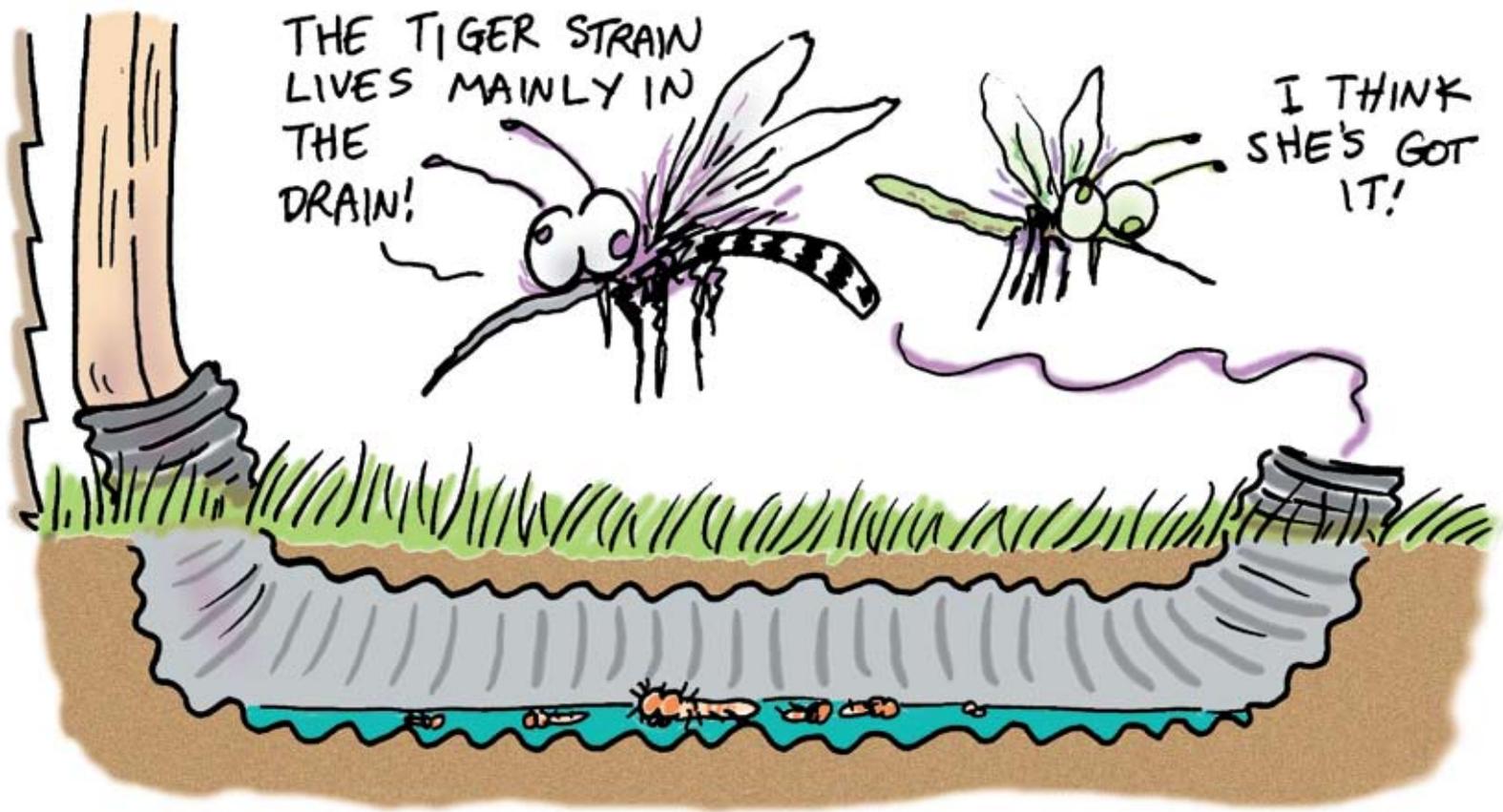


Mosquito fish love to eat mosquito larvae.



November Noviembre 2009

Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
1 DAYLIGHT SAVINGS TIME ENDS	2	3 ELECTION DAY	4	5	6	7 Most mosquitoes fly less than a mile during their lifetime, but some can fly 4 or 5 miles.
8	9	10	11 VETERAN'S DAY	12	13	14 Take steps to ensure your yard drains properly. Eliminate standing water.
15	16	17	18	19	20	21 Unused pools are great breeding sites for mosquitoes.
22	23	24	25	26 THANKSGIVING DAY	27	28 EID AL-ADHA
29	30					

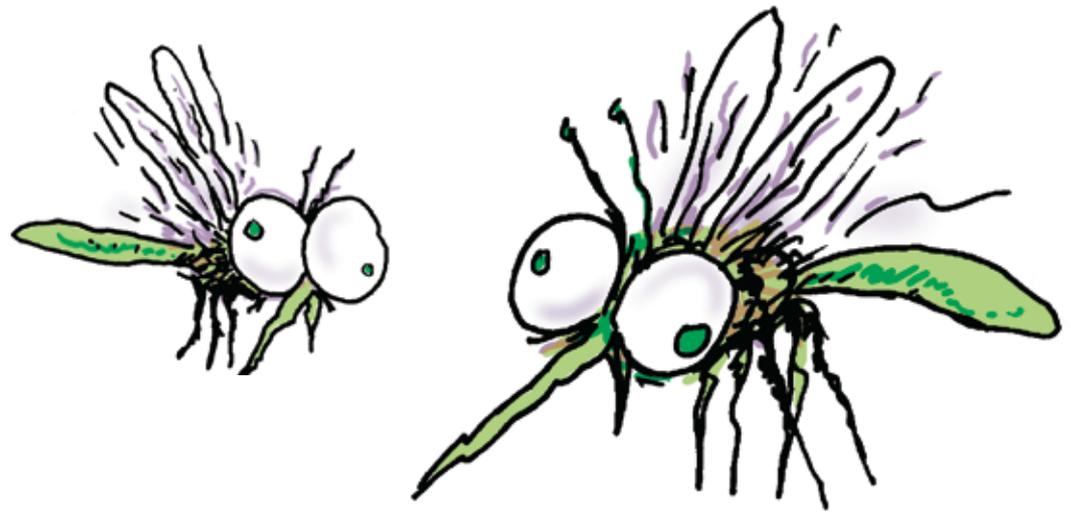


Mosquitoes that carry West Nile virus like to hide-out and breed in drain pipes.



December Diciembre 2009

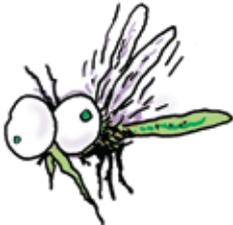
Sunday Domingo	Monday Lunes	Tuesday Martes	Wednesday Miércoles	Thursday Jueves	Friday Viernes	Saturday Sábado
<p>Black corrugated drain pipes are a commonly overlooked breeding site for the <i>Culex mosquitoes</i>. Drain pipes that retain water because of blockage or improper installation can be treated with a larvicide—a product which kills mosquitoes in the larval stage of their life cycle. Larvicides containing the active ingredient Bti (<i>Bacillus thuringiensis</i> var. <i>israelensis</i>). Mosquito Dunks® (which contain Bti) can be found in your hardware or garden store.</p>		1	2	3	4	5 Dump standing water around your home.
6	7 PEARL HARBOR REMEMBRANCE DAY	8	9	10	11	12 CHANUKAH BEGINS
13 Take repellents on vacation to warm climates.	14	15	16	17	18 MUHARRAM	19 CHANUKAH ENDS
20	21 WINTER SOLSTICE	22	23	24 CHRISTMAS EVE	25 CHRISTMAS	26 KWANZAA BEGINS
27 Mosquitofish love to eat mosquito larvae.	28	29	30	31 NEW YEAR'S EVE		<p>Answer from June question: More than 53 species of mosquitoes call California home.</p>

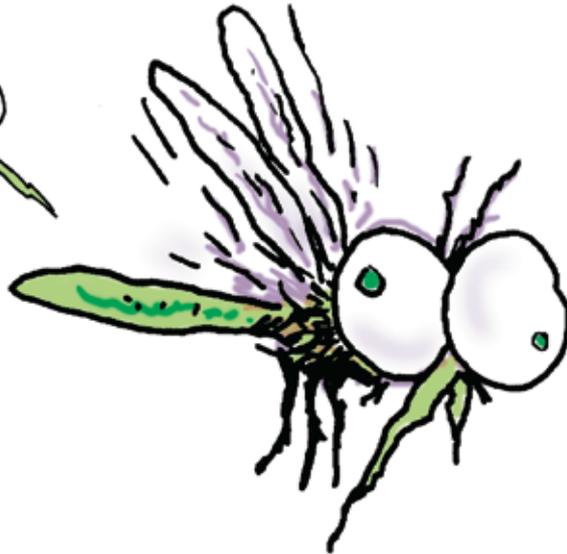
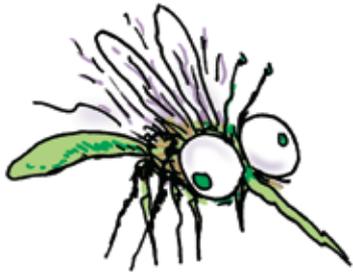


IMPORTANT TELEPHONE NUMBERS - TELÉFONOS IMPORTANTES

Police/Policía	
Fire/Bomberos	
Poison Control	
Hospital	
Doctor	
Veterinarian/Veterinario	
Report Dead Birds	1-877-WNV-BIRD 1-877-968-2473

NOTES AND SPECIAL OCCASIONS - NOTAS Y OCASIONES ESPECIALES





PUBLISHED BY THE STATE OF CALIFORNIA
CALIFORNIA DEPARTMENT OF PUBLIC HEALTH
VECTOR-BORNE DISEASE SECTION
916-552-9730

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FAIRFAX COUNTY HEALTH DEPARTMENT
DISEASE CARRYING INSECTS PROGRAM
FAIRFAX, VIRGINIA

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