West Nile Virus is Preventable

Mosquitoes that transmit West Nile Virus bite in the early morning and early evening hours, and sometimes throughout the night. If you go out in the early morning or evening hours, wear long pants and a long-sleeved shirt.

Mosquitoes lay their eggs on standing water. Get rid of standing water around your home. Keep screens with no rips or tears on your windows and doors to keep mosquitoes out.

Use an EPA-registered insect repellent with DEET, picaridin, IR3535 or oil of lemon eucalyptus.

West Nile Virus is found throughout California. Dead birds and squirrels may be a sign that the virus is present in your area, so report them to www.westnile.ca.gov or 1-877-WNV-BIRD.

People who get sick with West Nile Virus may feel like they have the flu (fever, headaches, body aches, rash). Call your doctor or clinic if you have questions.

For more information:
San Mateo County: smchealth.org/wnv or (650) 573-2346