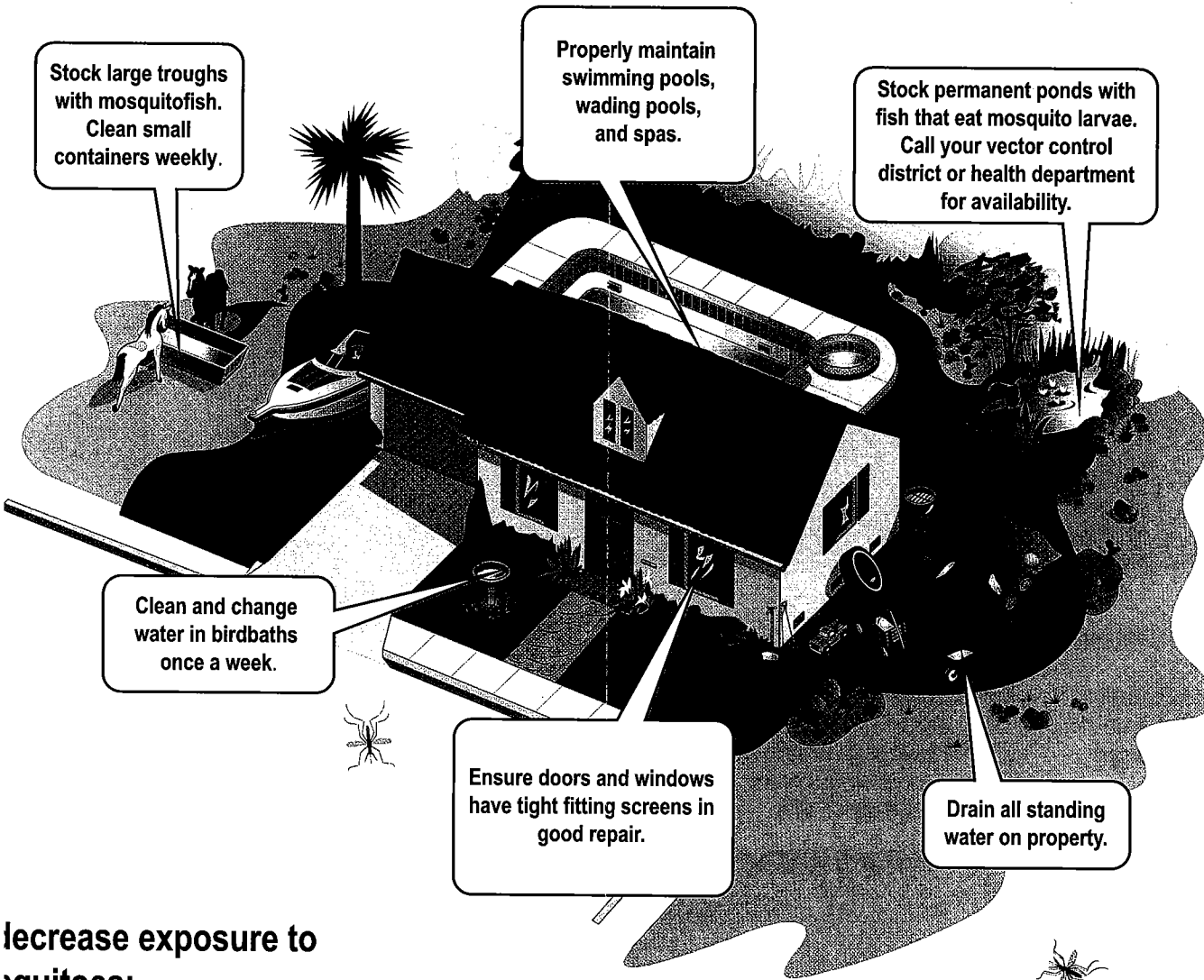
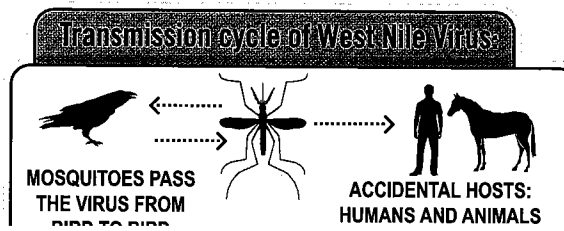


# How can I protect myself and my family from West Nile Virus?



## Decrease exposure to mosquitoes:

- Avoid outdoor activity at dawn and dusk during the mosquito season (May to October). This is particularly important for the elderly.
- Wear loose fitting long pants and long sleeve shirts when outdoors
- Use approved mosquito repellents containing DEET. Be sure to read and follow the manufacturer's



## What You Can Do to Help

- 1) Properly maintain swimming pools and spas by filtering, cleaning, and chlorinating regularly. Report neglected, abandoned pools, hot tubs, or fish ponds to your vector control district or health department.
- 2) Routinely check and empty any containers that may hold water in your yard. Store inverted or indoors.
- 3) Clean and change water in birdbaths at least once a week.
- 4) Stock ornamental ponds, fountains, and water gardens with mosquitofish and remove excess vegetation. Contact the District for mosquitofish availability.
- 5) Seal septic tank covers and other openings tightly to prevent adult mosquitoes from entering to lay eggs.
- 6) Regularly clean rain gutters of debris to prevent water from puddling.
- 7) Avoid over-irrigating lawns and fields. Drain or fill low areas that accumulate water.
- 8) Repair broken or leaking faucets and watering equipment.
- 9) Contact your vector control or health department if you are having problems with mosquitoes.

## Dead Bird Surveillance Program

If you find a bird that has recently died, particularly a crow or other corvid (i.e. raven, jay, or magpie) please call the California Department of Health Services hotline at 877-WNV-BIRD. Not all birds will qualify for testing; however they will record all reports of dead birds. To move or discard a carcass, wear rubber or latex gloves.

# West Nile Virus

those who become ill, symptoms may include fever, headache and body aches, nausea, a skin rash on the trunk of the body, and/or swollen lymph nodes. These symptoms can last for several weeks to months. In severe cases, WNV neurological symptoms may occur as a result of encephalitis (inflammation of the brain), meningitis (inflammation of the membrane surrounding the brain), and meningoencephalitis (inflammation of both the brain and the membrane). Severe symptoms may include high fever, headache, neck stiffness, disorientation, coma, tremors, paralysis, and possibly death. Neurological damage may be permanent. At greatest risk are the elderly and those who have weakened immune systems.

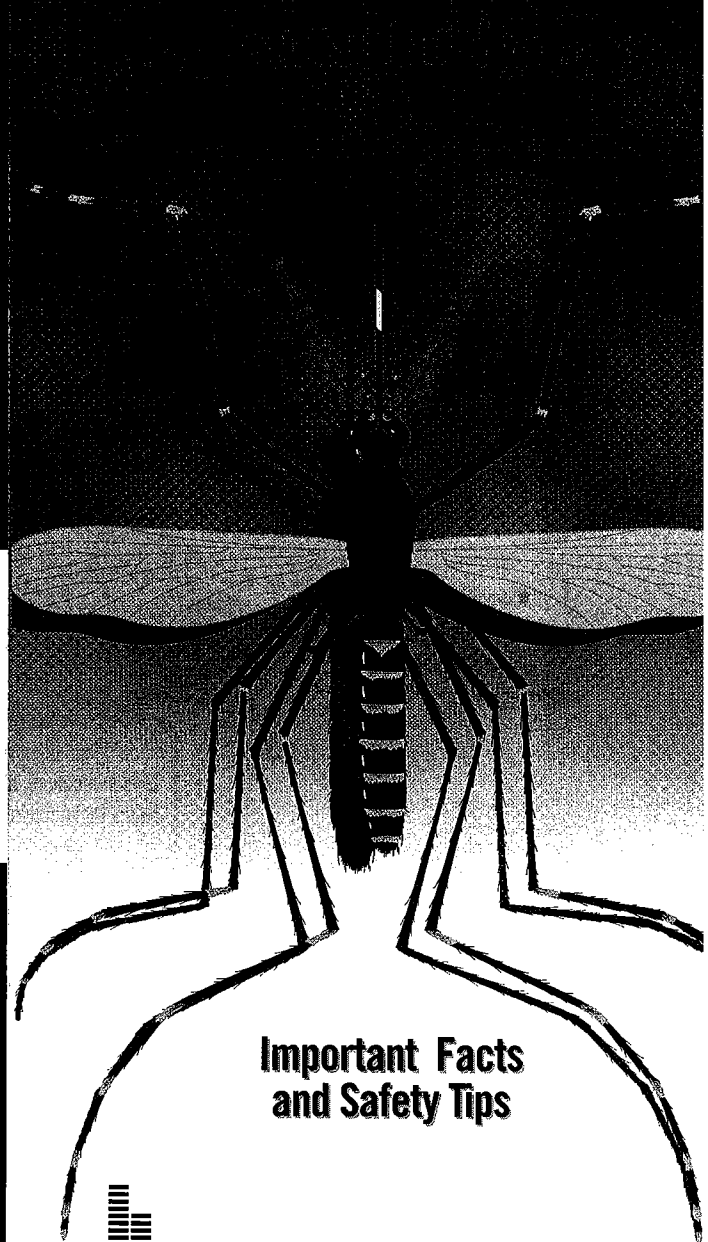
The time between the mosquito bite and the onset of illness (the incubation period) ranges from 5-15 days in humans. It is estimated that 1 in 150 people who are infected with WNV will require hospitalization.

West Nile virus may affect birds and other animals. Birds, particularly crows and jays, infected with WNV can become ill and die, however most infected birds do survive. West Nile virus does not appear to cause extensive illness in dogs or cats.

### For More Information

- For WNV in California:** [www.vector.ucdavis.edu](http://www.vector.ucdavis.edu)  
<http://westnile.ca.gov>
- For CDC Information:** [www.cdc.gov/ncidod/dvbid/westnile/index.htm](http://www.cdc.gov/ncidod/dvbid/westnile/index.htm)
- For wildlife information:** [www.usgs.gov/west\\_nile\\_virus.html](http://www.usgs.gov/west_nile_virus.html)
- For WNV in Horses:** CDFA Animal Health Branch 916-654-1447  
[www.cdfa.ca.gov/ahfss/ah/wnv\\_info.htm](http://www.cdfa.ca.gov/ahfss/ah/wnv_info.htm)
- To Report Dead Birds:** 877-WNV-BIRD (968-2473)

**What is your health and vector control district doing to prevent the transmission of West Nile Virus?**



### Important Facts and Safety Tips



**CITY OF LONG BEACH**  
Department of Health and Human Services  
Bureau of Environmental Health  
Vector Control Program  
(562) 570-4132  
[www.longbeach.gov/health](http://www.longbeach.gov/health)

### Do People and Animals Get West Nile Virus?

### Animals Get West Nile Virus?

Birds

Horses



Tenga grandes cantidades de mosquitos-pescado y limpie los chicos una vez por semana.

Mantenga limpia su alberca y spas, filtrando el agua y clorinandola regularmente.

Tenga en sus lagos artificiales pescados que comen insectos y mosquitos. Llame al Distrito para entrega gratis de estos pescados.

Cambie el agua de las pilas para parajos frecuencia.

Este seguro que sus puertas y ventanas esten bien selladas. Repare las que no esten y reemplase sus puertas mosquiteras.

Drene cualquier lugar en donde se estanque el agua en su propiedad.

**a Reducir exposición mosquitos y patogenos:**

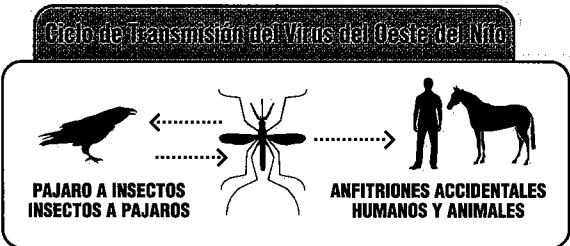
Evite actividades afuera temprano o al anochecer en la temporada de mosquitos de mayo a octubre. Esto es particularmente importante para ancianos y niños.

Use pantalón y camisas de manga larga cuando se encuentre afuera.

Ponga una protección contra los mosquitos cuando salga y este afuera con su niño en su carrito o cuna.

Use repelente sprobado que no tenga más del 35% de DEET para adultos y 10% para niños. Por favor leer las instrucciones del fabricante y siga sus direcciones.

- que puede hacer usted, para ayudar
- ① Mantenga su alberca y spas con buena filtración, limpieza y clorinado regularmente. Reporte cualquier alberca abandonada y sus bañeras y lagos de pescado al Distrito.
  - ② Rutinariamente inspeccione, vacie cualquier contenedor que pueda albergar agua en su jardín o yarda.
  - ③ Limpie y cambie el agua donde pajaros se bañan y toman agua una vez por semana.
  - ④ Llene su ornamentos y lagos con mosquito-pescado y mosquiteros y remueva cualquier vegetación en exceso y contacte al Distrito para entrega de estos mosquitopescado.
  - ⑤ Selle tanques septicos y este seguro de que exista cualquier abertura para evitar que mosquitos adultos puedan entrar hacia areas bajo tierra y puedan poner sus huevos.
  - ⑥ Evite irrigacion innecesaria de jardines y areas agricolas. Drene cualquier exceso de agua o bien provee de la misma a lugares bajos.
  - ⑦ Contacte al Distrito, si usted esta experimentando con exceso de mosquito en propiedad.
  - ⑧ Contacte al Distrito, si requiere de un orador sobre el Virus del Oeste del Nilo, para grupo civicos, propietarios de viviendas o asociaciones de vecinos.



**Programa de Vigilancia de Pajaros Muertos**

Si usted encuentra un pajaros que recientemente murió, particularmente un cuervo u otros corvidos, (i—e urracas, arrendajos), favor de llamar al 877-WNV-BIRD al Departamento de Servicios de Salud (DHS). Pero si usted necesita mover un cuerpo de cualquiera de estos pajaros no lo tiente con sus manos sin protección, use guantes de hule o plastico. Y si no tiene estos guantes use bolsas de plastico para protegerse en forma cuidadosa evitando cualquier contacto con el animal muerto. DHS le hara un archivo de estos pajaros muertos y hara los arreglos para que sea recogido por El Distrito.

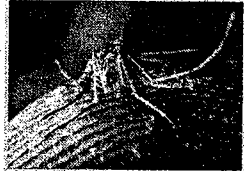




## How Do We Control West Nile Virus?

The approach to controlling West Nile Virus can be divided into three major categories:

- ★ Surveillance
- ★ Treatment and Control
- ★ Education and Outreach



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### Surveillance



The bird hotline has been reactivated in all zip codes. Call 1-877-WNV-Bird to report dead birds.



Mosquito traps have been increased from 9 to 22. Counts have spiked in some areas, but have been knocked back down.



There are four Sentinel Chicken coops located throughout the city. All of the coops received new chickens in March.

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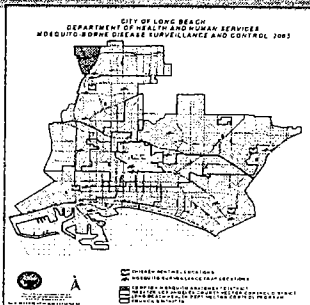
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### Surveillance Locations 2005



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*Long Beach Police Department Partners  
with DHHS to Find Green Pools*



LBPD Officer Armstrong gives safety instructions before the flight

Green Pool Located



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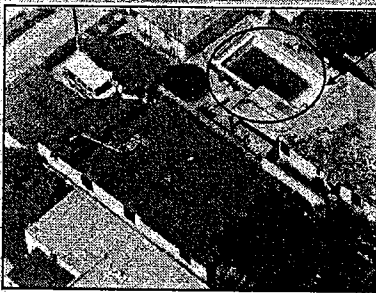
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*Long Beach Police Department Partners  
with DHHS to Find Green Pools*



Another green Pool spotted via PD Helicopter



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*Treatment and Control  
"Hit Em' Hard and Hit Em' Early"*

Routine treatments started early this year.

A new ultra low volume "Back Pack Fogger" was purchased to allow Vector Control Staff to access remote or hard to access areas for adulticide fogging, i.e. pump stations, wetlands, and parks.



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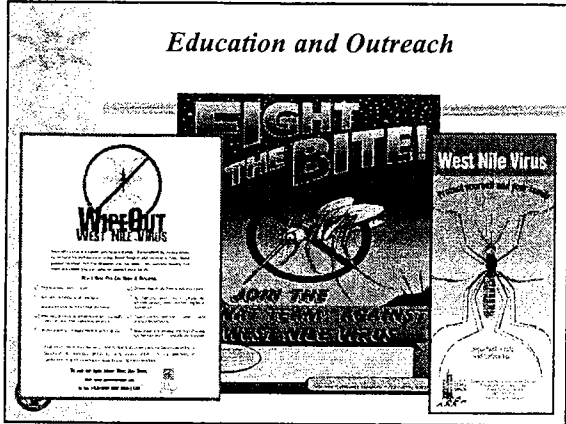
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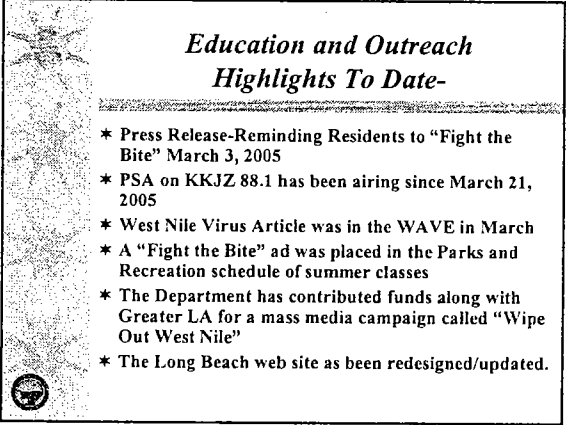
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*Thank You for Your  
Interest in the Long Beach Vector  
Control Program*



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