

Eliminate Standing Water Around Your Home

- Get rid of old tires, bottles, jars, buckets, and any other containers that can hold water. Put holes in playground tires so that the water can drain.
- Make sure that doors and windows have 16 mesh screens and are tight fitting. Repair all screens that have holes.
- Change the water in birdbaths at least once a week.
- Unclog all gutters and downspouts.
- Clean and chlorinate swimming pools and hot tubs. Drain all water from pool covers.
- **Any standing water on your property can breed mosquitoes – ELIMINATE IT!**
- If you have standing water that you are not able to remove or eliminate you may purchase larvicide (aka: dunks) at area department and hardware stores. Follow the directions provided on the package.



Signs of West Nile Virus

- An estimated 80% of people who contract West Nile Virus never develop symptoms.
- **Symptoms:** Fever 100-104°F, muscle weakness, body ache, skin rash, and swollen lymph nodes.
- Mild infections may last a few days. More severe infections may last several weeks.



- **Extreme Cases:** High fever, neck stiffness, stupor, disorientation, paralysis, coma, tremors, convulsions, and rarely death.
- **Other Signs:** Crows and blue jays are more likely to die from the virus than any other mammal or bird.



Protect Yourself

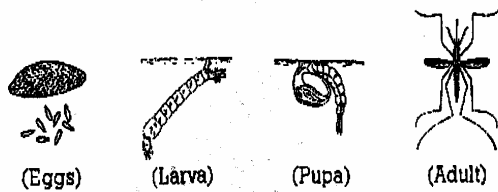
- If you find a dead crow, blue jay, or songbird on your property, contact the Delaware General Health District at (740) 368-1700 to arrange for the dead bird to be tested.
- Wear light colored, long sleeve shirt and long pants – especially at night.
- Limit outdoor activities during non-daylight hours.



- Use insect repellent and follow the directions on the label. Do not use repellent with more than 10% DEET on children. **Do not allow children to apply repellents to themselves.**
- Do not use repellents on children less than 3 years old.



Mosquitoes spread West Nile Virus.



It's a fact:

Adult mosquitoes frequently rest in grass, shrubbery, or other foliage but they do not lay their eggs there. All mosquitoes need water to breed. Some mosquitoes lay their eggs in standing water where they hatch in a day or two. Other mosquitoes lay their eggs in old tires, tin cans, or other water-holding containers. The eggs may remain there for weeks or months until they are covered with water, causing the eggs to hatch. The larvae grow quickly and turn into pupae. Soon the skin of the pupae splits open and out climbs another hungry mosquito.

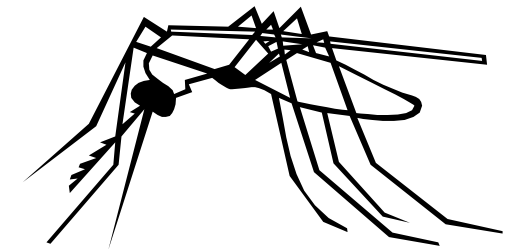


For information on West Nile Virus, mosquito fogging or other mosquito control programs, visit our website at www.delawarehealth.org or call (740) 368-1700.

The Delaware General Health District operates in accordance with Title VI of the Civil Rights Act of 1964.

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Protect Yourself from West Nile Virus



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