



Public Health
Prevent. Promote. Protect.

**Washington State Region IV Public Health
Emergency Preparedness and Response
Clark, Cowlitz, Skamania, and Wahkiakum Counties and Cowlitz Tribe**

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Don't let mosquitoes make a meal of you!
Tips to prevent mosquitoes from breeding and biting

Mosquito season is here and health officials are reminding residents that mosquitoes are not just a nuisance, but can also spread West Nile Virus, a potentially serious disease. Because there is no human vaccine for West Nile Virus and no specific treatment or cure for the disease, the best defense is to stop mosquitoes from breeding and biting.

“We encourage everyone to remove areas of standing water around their homes. Just one cup of water is enough to breed thousands of mosquitoes a week,” said Dr. Alan Melnick, Region IV Health Officer. To prevent mosquitoes from breeding:

- Empty water from old tires, empty containers, pots, plastic ground covers and anything else that holds water.
- Change water in bird baths, ponds, pet dishes and animal troughs twice a week.
- Repair leaking faucets and sprinklers.
- Clean clogged gutters.
- Cover trash containers.
- Properly maintain pools and spas, and ensure covers do not hold pockets of water.

To prevent mosquitoes from biting:

- Apply mosquito repellent when outdoors and follow the instructions. The most effective repellents contain DEET, Picaridin or oil of lemon eucalyptus.
- Wear protective clothing including long-sleeved shirts, long pants, shoes, socks and hats.
- Try to stay indoors at dawn or dusk, when mosquitoes are most active.
- Install or repair screens on windows and doors.
- Place mosquito netting over infant carriers when outdoors.

“Although 80 percent of people who get West Nile Virus show no symptoms, this is a potentially serious disease, especially for people who are age 50 or older,” said Dr. Melnick.

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About 20 percent of people with West Nile Virus get short-term flu-like symptoms and about one in 150 develop serious illness with symptoms that include headache, high fever, stiff neck, disorientation, convulsions, tremors and muscle weakness. Anyone experiencing these symptoms should contact their health care provider. Severe cases may lead to paralysis, coma or death. For more information, see <http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>.

Because certain birds—especially corvids such as crows, jays and magpies—are highly susceptible to West Nile Virus, dead birds may indicate the presence of the disease. Report recently dead corvid birds to the reporting lines listed below.

Clark County

- To report dead birds, call (360) 397-8430 or visit <http://www.clark.wa.gov/mosquito/westnile/report.html>.
- To report areas of standing water, call (360) 397-8430 and press 1.
- For more information, contact Clark County Public Health, Environmental Public Health at (360) 397-8428 or visit www.clark.wa.gov/mosquito/westnile.
- For information about the Clark County Mosquito Control District, call (360) 397-8430 or visit <http://www.clark.wa.gov/mosquito/index.html>.

Cowlitz County

- To report dead birds, call (360) 414-5583 or visit <http://www.co.cowlitz.wa.us/health/environmentalhealth/vector/westnile.htm#>.
- For more information, contact Cowlitz County Public Health, Environmental Health at (360) 414-5583 or visit <http://www.co.cowlitz.wa.us/health/environmentalhealth/vector/westnile.htm>.
- To report mosquito concerns in Cowlitz County, call the Cowlitz County Mosquito Control District Hotline at (360) 425-5658.

Skamania County

- To report dead birds, call (509) 427-3900 or visit http://www.skamaniacounty.org/CommunityDevelopment/living_environment.htm.
- For more information, contact Skamania County Community Development Department at (509) 427-3900.
- For Information about the Skamania County Mosquito Control District visit <http://mosquitoboard.wordpress.com/>.

Wahkiakum County

- To report mosquito concerns in Wahkiakum County, call (360) 795-6207.