

# West Nile Virus is here, and...

## Remember...

- West Nile Virus is spread by mosquito bites.
- Most people who become infected experience no symptoms at all, or mild flu-like symptoms.
- West Nile Virus can be fatal in a very small percentage of cases.
- Those over 50 are at greater risk.
- Call your doctor if you think you might have West Nile Virus.
- Report dead birds (call 1-877-968-2473).

## Protect Yourself

- Avoid going out in the early morning and early evening hours.
- If you do go out, wear long pants and long sleeve shirts.
- Use an effective mosquito repellent with DEET, picaridin, or lemon oil of Eucalyptus.

**For more information on the West Nile Virus,**  
contact the Stanislaus County Health Services Agency

call 558-8425 for West Nile Virus information

call 1-877-968-2473 to report dead birds

visit us online at [www.hsahealth.org](http://www.hsahealth.org)  
or [www.stanemergency.com](http://www.stanemergency.com)

call 558-5678 to reach the  
Communicable Diseases Department  
for any additional questions



# It can happen to you!



## Keep Your Home and Yard Safe

- Green pools breed mosquitoes! Maintain your pools.
- Stock ponds with mosquito-eating fish.
- Get rid of any standing water and puddles.  
Do not overwater your lawn or garden.
- Empty water out of buckets, old tires, flower pots, and toys.
- Clean and hose out birdbaths weekly.
- Change water every few days from pet bowls.
- Cover containers or turn empty containers upside down  
so they do not hold water.
- Cover trash cans and clean weekly.
- Make sure screens on doors and windows are tight fitting,  
and in good repair with no holes or tears.