

## **West Valley Mosquito and Vector Control District**

1295 East Locust St. Ontario CA 91761  
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Website: [www.wvmosquito.org](http://www.wvmosquito.org)

# **PRESS RELEASE**

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For Immediate Press Release:  
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### **Fourth of July – outdoor activities increase mosquito bite risk**

July 2 2010 – The West Valley Mosquito and Vector Control District wishes to remind residents to take precautions against mosquito bites this long weekend.

Brian Reisinger, Community Outreach Coordinator says, “Many families will be attending outdoor events, barbequeing, and enjoying this wonderful Southern California weather, so please remember to use repellents when outdoors this weekend.”

Mosquitoes captured and tested by the district earlier this year show that West Nile virus is active and in the mosquito populations in our area. West Nile virus activity has also been documented in Southern California in the Counties of Los Angeles, Orange, San Diego, Riverside and Kern. As temperatures increase and out door activity rises, the risk of being bitten by mosquitoes also goes up.

The West Valley Mosquito and Vector Control District will have information booths at the Chino Freedom Festival on July 3<sup>rd</sup> and the Chino Hills 4<sup>th</sup> of July old-fashioned picnic in an effort to raise awareness and pass out free insect repellent wipes to attendees.

The District reminds residents that mosquitoes are most active around dusk and beyond, and personal protection is imperative. The repellents with active ingredients DEET, picaridin, and oil of lemon eucalyptus are all available over the counter and provide excellent protection against mosquito bites.

More information can be viewed at [www.wvmosquito.org](http://www.wvmosquito.org) or [www.wvmvcd.org](http://www.wvmvcd.org). The District phone number is 909-635-0307. The office is located at 1295 East Locust St. Ontario CA, 91761 and is open Monday-Friday 7:30 AM to 3:30 PM.

### Symptoms of West Nile virus:

People infected with WNV can have no symptoms, West Nile Fever, or West Nile Neuroinvasive disease. Symptoms usually occur 2-15 days after infection.

**Symptoms of West Nile Fever can include:**

- Headaches (often severe migraines)
- High fever
- Tiredness and body aches
- Occasionally a skin rash and swollen lymph glands

**Even healthy people may suffer sickness for several days to several weeks, and be unable to function normally.**

**Symptoms of West Nile Neuroinvasive disease can include:**

- Severe Headache
- High Fever
- Stiff neck
- Stupor
- Disorientation
- Tremors, convulsions, muscle weakness
- Paralysis
- Coma

**This form of the disease can lead to long-lasting if not permanent damage to the body and brain.**

Remember to use these steps to protect yourself:

- **Dump standing water** – tires, buckets, birdbaths, flowerpots, and even soda cans become “mosquito nurseries”.
- **Defend your house** – make sure screens on windows and doors are tight fitting and in good repair.
- **Defend yourself** – when outdoors at dusk and dawn, use a mosquito repellent. The active ingredients DEET, Picaridin, IR 3535, and oil of lemon eucalyptus are the longest lasting and most effective.

For more information visit: <http://www.wvmosquito.org> and <http://www.westnile.ca.gov>.

Residents can also report dead birds and squirrels to the CA Department of Public Health's toll-free hotline, 877-WNV BIRD (968-2473) or visit on-line at: [www.westnile.ca.gov](http://www.westnile.ca.gov).

**For more information or an interview, please contact Dr. Min-Lee Cheng or Brian Reisinger at 909-635-0307.**