WEST NILE VIRUS

West Nile virus is preventable!

Take these 3 steps to reduce the chance of a mosquito bite.

1 Get rid of mosquito breeding habitat near your house

- Tip out water from barrels, buckets and wheelbarrows weekly
- Tip out containers such as toys or cans
- Empty children's wading pools when not in use
- Clean garden ponds
- Get rid of used tires
- Change water in birdbaths and animal troughs at least once a week
- Recycle old bottles and cans
- Empty water from flower pot dishes
- Dump water off of tarps and plastic sheeting
- Cover rain barrels with mosquito screens
- Help your elderly or frail neighbors or relatives with these activities

2 Prepare your home

- Clean leaf-clogged gutters
- Repair leaky outdoor faucets
- Repair ripped windows and door screens and make sure they fit tight
- Consider adding a screen door to doors that often are left open

3 Use personal protection when mosquitoes are biting

- Wear long pants and long-sleeved shirts
- Consider using an insect repellent
- Insect repellents with DEET are effective – follow label instructions carefully

Public Health – Seattle & King County is working hard to lessen the impact West Nile virus may have on our community. Please visit our website or call our hotline for more information:

http://www.metrokc.gov/health/westnile
206-205-3883 (recording)

Public Health wants to hear from you

If you find a dead crow, blue jay or raven write down the address and time you found it, then call 206-205-4394 to make your report. Under certain circumstances, we may pick up the bird for testing. Most of the time, however, you will be asked to dispose of it in your garbage can.

Disposing of a dead bird

Crows and other animals do *not* spread West Nile virus directly to people. You can only get sick from the bite of an infected mosquito. Even so, do not touch a dead bird – use gloves or a shovel to double bag the bird in plastic bags. Dispose of the bird in the garbage.

Fight the Bite

Public Health
Seattle & King County
HEALTHY PEOPLE. HEALTHY COMMUNITIES.

City of Seattle King County

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