

# Stop Mosquitoes from Breeding

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Mosquitoes look for standing water where they can breed. Water collects in many places you might not think about:



Get rid of tin cans, plastic buckets, ceramic pots or other containers that can hold water.



Get rid of old tires.

Punch holes in the bottom of recycling containers that are left outdoors.



Clean leaves out of your roof gutters. Unclog outside drains.

Do not dump leaves and other debris into storm drains.



Check your outdoor faucets for leaks.



Make sure your trash cans have tight, secure lids.

Turn over kiddie pools when not in use. Clean and chlorinate your pool. Mosquitoes will breed in any untreated water.



# Protect Yourself from Mosquitoes

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Do everything you can to prevent mosquito bites:



When you go outside, use mosquito repellent that contains DEET (less than 30% for adults and less than 10% for children). Always read the label.

Wear shoes, socks, lightweight long pants and a long-sleeved shirt when you go outside for a long time.



*Mosquitoes are most active in early morning and early evening.*



Make sure your windows and doors have screens. Patch any holes anywhere in your home where mosquitoes could get in.

To learn more, please call the Philadelphia Department of Public Health:

**215-685-9027**

## What is West Nile Virus?

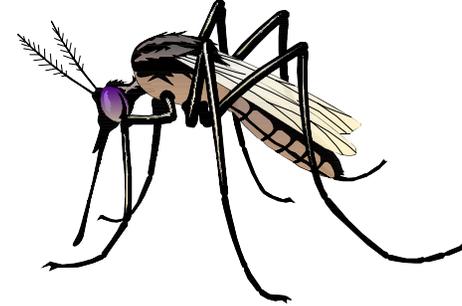
- West Nile virus is an infection carried by mosquitoes that is dangerous to humans. It can cause encephalitis, a serious inflammation of the brain.
- Humans can only get the virus from the bite of an infected mosquito. Mosquitoes get the virus when they feed on infected birds. West Nile virus is not spread by person-to-person contact. You cannot get West Nile virus by handling infected animals.
- The peak season for West Nile virus begins in April and ends in October. Most cases occur in the late summer or early fall.

## Who is Most at Risk?

- People 50 and older have the highest risk of severe illness. People with compromised immune systems are also at higher risk. However, anyone can get the virus.

## What Are the Symptoms?

- People with mild infections may have fever, headache, body aches, skin rash and swollen lymph glands.
- People with more severe infections may have high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions and paralysis. **If you have any of these symptoms, contact your doctor.**



# West Nile Virus in Philadelphia:

## How to Protect Yourself and Your Home



This brochure was produced by the Philadelphia Department of Public Health. To learn more, call 215-685-9027, or visit [www.westnile.state.pa.us](http://www.westnile.state.pa.us).