

## MOSQUITO BITES

Female mosquitoes take blood from birds and mammals to develop eggs. A mosquito bite can cause you to develop:

- Itching: An allergic reaction to the saliva that mosquitoes inject to prevent blood clotting
- Swelling: Body sends extra blood to the bite area
- Secondary infections: Scratching a bite allows bacteria to invade the wound
- Mosquito-borne diseases: St. Louis Encephalitis virus, West Nile virus, Western Equine Encephalomyelitis virus and malaria

## FIRST AID FOR MOSQUITO BITES

- Wash bite with soap and water
- Apply anti-itch medication
- Apply a cold cloth for swelling
- Watch for secondary infections

## PROTECT YOURSELF AND YOUR FAMILY FROM MOSQUITOES

**FIGHT THE BITE** by practicing the District's 7Ds:

**DRAIN** any standing water that may produce mosquitoes.

**DAWN** and **DUSK** are times to avoid being outdoors. These are the times when mosquitoes are most active.

**DRESS** appropriately by wearing long sleeves and pants when outside.

**DEFEND** yourself against mosquitoes by using an effective insect repellent such as DEET, Picaridin or Oil of Lemon Eucalyptus. Make sure you follow label directions!

**DOOR** and window screens should be in good working condition. This will prevent mosquitoes from entering your home.

For more information call the Sacramento–Yolo Mosquito and Vector Control **DISTRICT** at 1-800-429-1022 or visit us online at [www.FIGHTtheBITE.net](http://www.FIGHTtheBITE.net)



Sacramento-Yolo  
MOSQUITO & VECTOR  
CONTROL DISTRICT

We help protect your health by controlling mosquitoes that spread disease. Mosquitoes are more than a nuisance; they are a major threat to public health. We use proven, effective methods to control mosquitoes and reduce the risk of mosquito-transmitted diseases such as West Nile virus.

## LOCATIONS & HOURS

**SACRAMENTO COUNTY**  
8631 Bond Road  
Elk Grove, CA 95624

**YOLO COUNTY**  
1234 Fortna Ave  
Woodland, CA 95776

**Monday-Friday**  
7:00am – 3:30pm

**(800) 429-1022**  
[www.FIGHTtheBITE.net](http://www.FIGHTtheBITE.net)  
[info@fightthebite.net](mailto:info@fightthebite.net)



# REDUCING MOSQUITOES AROUND YOUR HOME



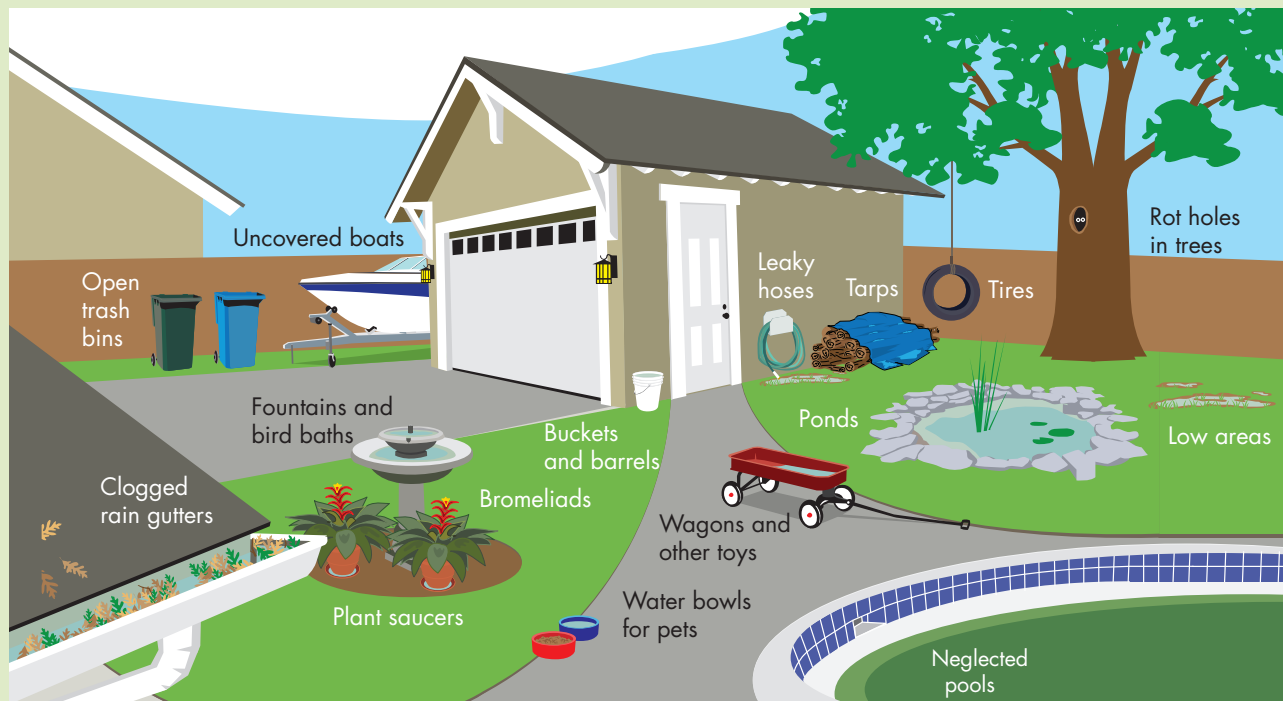
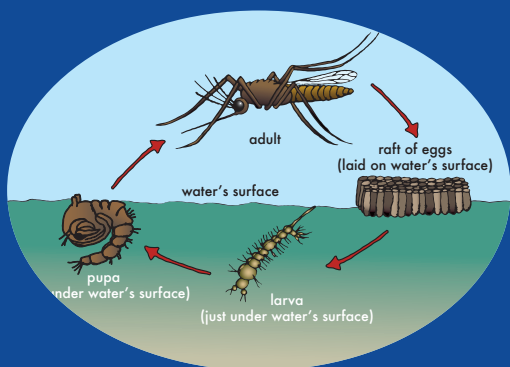
Sacramento-Yolo  
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## MOSQUITO LIFE CYCLE

Mosquitoes need water to exist! The illustration below depicts the mosquito life cycle from egg, larva, pupa to adult. You can prevent mosquitoes from developing by removing or draining any container that supports this life cycle.



## MOSQUITO MAINTENANCE AROUND THE HOME CHECKLIST

### FISH PONDS

- Stock pond with mosquitofish
- Remove excess emergent vegetation

### SWIMMING POOLS AND SPAS

- Keep water off cover pools and spas
- Chlorinate and use filter regularly

### STANDING WATER

- Eliminate by draining

### TREE HOLES

- Fill hole with sand or mortar
- Contact an arborist

### CONTAINERS

- Empty water
- Dispose or turn over
- Cover so mosquitoes cannot enter

### BIRD BATHS

- Change water at least once a week

### WADING POOLS

- Drain water when not in use
- If water must remain in pool, cover tightly

### WATERING TROUGHS

- Stock with mosquitofish OR change water frequently

### STREET GUTTER OR CATCH BASINS

- Do not dispose of litter and garden debris in the gutter or basins and avoid over irrigation. If gutters are holding water, sweep to the nearest basin

### PET WATER BOWLS

- Change water twice a week

### ROOF GUTTERS

- Clean once a year to remove debris

### IRRIGATED LAWNS

- Avoid over-irrigation