

West Valley Mosquito and Vector Control District

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Website: www.wvmosquito.org

PRESS RELEASE

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Long Weekend? Don't Forget Your Repellent!

Sep 3, 2010 – Labor Day Weekend is the “last hurrah” for many, marking the end of summer. This means a lot of soaking up the sun, barbeques, and enjoying the balmy nights of California. While enjoying these activities, be sure to add using a mosquito repellent to the “to do” list. Why? Because the West Valley area has a total of fifteen mosquito samples that are positive for West Nile virus, human infection has been identified in San Bernardino County, and temperatures and humidity are ideal for accelerated mosquito production. The West Valley Mosquito and Vector Control District just received confirmation on one more mosquito sample near E. Philadelphia Street in Ontario has tested positive in Ontario, proving that the virus and mosquitoes are still a threat this year.

District Manager Min-Lee Cheng, Ph. D., said, “Long weekends are prime times for mosquito-borne illness. People spend their evenings outdoors, often without an effective repellent. This is dangerous. Put a good repellent on your shopping list!”

When choosing a repellent, look for products that contain the active ingredient DEET, Picaridin, Oil of Lemon Eucalyptus or IR3535; all are exceptional at repelling mosquitoes. Be sure to read the application directions prior to use.

More information can be viewed at www.wvmosquito.org or 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.

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