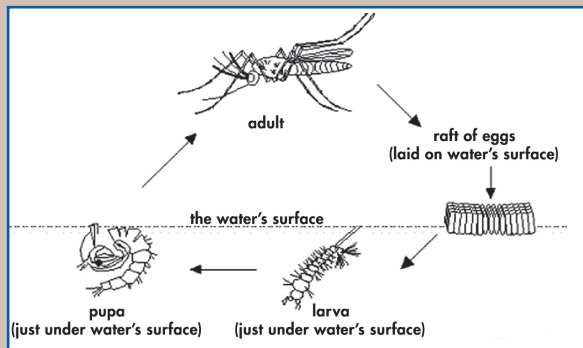


MOSQUITO LIFE CYCLE

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.



SACRAMENTO-YOLO
MOSQUITO
& VECTOR
CONTROL
DISTRICT

FIGHT THE
BITE

OFFICE LOCATIONS AND HOURS OF OPERATION

Sacramento County

8631 Bond Road
Elk Grove, CA 95624
Phone: 1-800-429-1022
Fax: 916-685-5464
Web site: FIGHTtheBITE.net
Hours: 7:00 am to 3:30 pm

Yolo County

1234 Fortna Avenue
Woodland, CA 95695
Phone: 1-800-429-1022
Fax: 530-668-3403
Web site: FIGHTtheBITE.net
Hours: 7:00 am to 3:30 pm

REDUCING MOSQUITOES AROUND YOUR HOME

SACRAMENTO-YOLO
MOSQUITO
& VECTOR
CONTROL
DISTRICT



FIGHT THE
BITE



SACRAMENTO-YOLO MOSQUITO & VECTOR CONTROL DISTRICT

SERVICES

The District provides year-round mosquito and vector control services for the residents of Sacramento and Yolo Counties. For inquiries or to request service please call the District at 1-800-429-1022, or visit us online at FIGHTtheBITE.net.

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

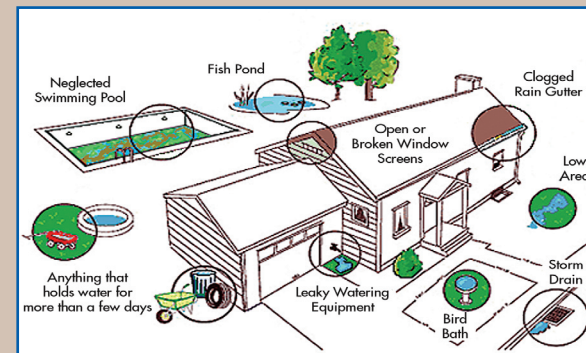
- Wash bite with soap and water
- Apply anti-itch medication
- Apply a cold cloth for swelling
- Watch for secondary infections

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 FIGHTtheBITE.net

MOSQUITO MAINTENANCE CHECKLIST



MOSQUITO SOURCES	WHAT YOU CAN DO TO REDUCE MOSQUITOES...
Fish ponds	<input type="checkbox"/> Stock pond with mosquitofish <input type="checkbox"/> Remove excess emergent vegetation
Swimming pools and spas	<input type="checkbox"/> Keep water off cover <input type="checkbox"/> Chlorinate <input type="checkbox"/> Use filter regularly
Standing water	<input type="checkbox"/> Eliminate by draining
Tree holes	<input type="checkbox"/> Fill hole with sand or mortar <input type="checkbox"/> Contact an arborist
Containers	<input type="checkbox"/> Empty water <input type="checkbox"/> Dispose or turn over <input type="checkbox"/> Cover so mosquitoes cannot enter
Bird baths	<input type="checkbox"/> Change water at least once a week
Wading pools	<input type="checkbox"/> Drain water when not in use <input type="checkbox"/> If water must remain in pool, cover so mosquitoes cannot enter
Watering troughs	<input type="checkbox"/> Stock with mosquitofish OR <input type="checkbox"/> Change water frequently
Street gutter or catch basins	<input type="checkbox"/> 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	<input type="checkbox"/> Change water twice a week
Roof gutters	<input type="checkbox"/> Clean once a year to remove debris
Irrigated lawns or fields	<input type="checkbox"/> Avoid over irrigation