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.

**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
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
Fish ponds
- Stock pond with mosquitofish
- Remove excess emergent vegetation
Swimming pools and spas
- Keep water off cover
- Chlorinate
- 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 so mosquitoes cannot enter
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 or fields
- Avoid over irrigation