

Protect Yourself from Mosquitoes This Summer

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FOR IMMEDIATE RELEASE:

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Bakersfield, CA – Warm weather brings increased mosquito activity and Kern County Public Health reminds everyone to take precautions to protect yourself from mosquitoes. The first confirmed West Nile Virus (WNV) carrying mosquito of the year has been confirmed within Kern County. While many mosquito-borne illnesses such as WNV cause only mild symptoms in most people, the infection can cause severe illness and even death in rare cases. The best prevention is to avoid mosquito bites.

Reduce Mosquito Breeding Sites:

- **Remove** standing or stagnate water from containers such flowerpots, fountains, birdbaths, pet bowls, and wading pools. Items not traditionally viewed as containers, like gardening tools and toys, can also collect water.
- **Clean/scrub** containers that collect water weekly to remove any remaining eggs.
- **Maintain** swimming pools in working condition.
- **Stock** garden ponds with fish that eat mosquito larvae. Contact your local vector control district for free fish.
- **Report** areas of mosquito infestation to your local vector control district.

Decrease Your Risk of Mosquito-Transmitted Infections:

- **Avoid** mosquitoes and mosquito-infested areas at all times of the day.
- **Wear** long-sleeved shirts and long pants when outdoors.
- **Apply** mosquito repellent to exposed skin when outdoors.
- **Ensure** doors and windows have screens in good repair to keep mosquitoes out of your home.

Please visit our interactive WNV webpage at www.kernpublichealth.com that is updated regularly. Although the first WNV positive mosquito has been identified in the 93203 zip code, it is important for our entire community to take precautions when outdoors, especially at dusk and dawn.

Contact your local mosquito and vector control agency if there is a significant mosquito problem where you live, work, or play.

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