



**Greater Los Angeles County
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NEWS RELEASE

For Immediate Release

May 27, 2011

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Protect Yourself from Mosquitoes This Memorial Day Weekend

Los Angeles, CA— Memorial Day Weekend is the perfect time for barbeques and outdoor activities. It also happens to be the perfect time for mosquitoes to bite and spread disease. The Greater Los Angeles County Vector Control District would like to remind residents to take the proper precautions against mosquito bites this Memorial Day weekend to protect themselves from West Nile virus.

Mosquitoes are most active between dusk and dawn. Residents are encouraged to avoid outdoor activities during this time. But, if that backyard barbeque grill beckons this holiday weekend, you can also reduce the risk of mosquito bites by using insect repellents with EPA-registered active ingredients such as DEET or Picaridin. It is very important to apply repellents according to label instructions to ensure proper protection. Outdoor enthusiasts should keep in mind that repellent will need to be applied more frequently depending on the level of physical activity and amount they perspire. Wearing protective clothing such as long-sleeve shirts and pants will also help prevent mosquitoes from biting you.

West Nile virus is transmitted to people and animals through the bite of an infected mosquito and there is no cure. Symptoms usually occur between 5 and 15 days and can include fever, headache, body aches, nausea, or a skin rash. These symptoms can last for several weeks to months. One in 150 people infected with the virus will require hospitalization. Severe symptoms include high fever, muscle weakness, neck stiffness, coma, paralysis, and possibly death. GLACVCD recommends that individuals exhibiting these symptoms following a mosquito bite consult a physician as soon as possible. Those at highest risk for severe cases of West Nile virus are the elderly and people with weakened immune systems.

For more information, please contact Public Information Officer Crystal Brown at the Greater Los Angeles County Vector Control District at (562) 758-6511 or visit www.glacvcd.org. For the latest information on West Nile virus in California, or to report a dead bird, visit the California Department of Public Health's West Nile virus website at www.westnile.ca.gov.

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