



Mosquitoes can breed in as little as a tablespoon of water.

Avoid mosquito bites to avoid infection.



For information about City & County of San Francisco Departments coordinating Fight the Bite San Francisco, please visit their websites.

**SF Environment**  
[www.sfenvironment.org](http://www.sfenvironment.org)

**San Francisco Public Utilities Commission**  
[www.sfwater.org](http://www.sfwater.org)

**San Francisco Public Health Department**  
[www.sfdph.org/eh](http://www.sfdph.org/eh)

**San Francisco Department of Public Works**  
[www.sfdpw.org](http://www.sfdpw.org)

**San Francisco Recreation & Parks**  
[www.sfgov.org/recpark](http://www.sfgov.org/recpark)

**San Francisco International Airport**  
[www.sfoairport.com](http://www.sfoairport.com)

**Port of San Francisco**  
[www.sfport.com](http://www.sfport.com)

## CONTACT INFORMATION

To report dead birds or learn more about West Nile Virus:

**West Nile Virus Hotline**  
**877-WNV-BIRD (877-968-2473)**

To report significant mosquito problems where you live or work:

**San Francisco Public Health Department**  
**(415) 252-3805**

For more information about Fight the Bite San Francisco:  
**[www.sfmosquito.org](http://www.sfmosquito.org)**



San Francisco International Airport



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Protect yourself from West Nile Virus by protecting yourself from mosquito bites.

## What is West Nile Virus?

West Nile Virus is a potentially serious illness that is primarily spread through the bite of an infected mosquito. Mosquitoes often become infected when they feed on infected birds. Infected mosquitoes can transmit the virus to humans and other animals through mosquito bites.

## What are the Symptoms of West Nile Virus Illness?

Illness in humans is rare but its consequences can be severe. Most people infected with West Nile Virus will not experience symptoms. About 1 in 5 infected may have fever, headache and body aches. Less than 1% become seriously ill with neurological symptoms.



**Fever is an important symptom of West Nile Virus Illness.**

**Other symptoms can include:**

**Headache**



**Nausea**



**Disorientation**



**Stiff Neck**

People tend to develop symptoms between 3 to 14 days after being bit by an infected mosquito.

***If you suspect that you may have been infected with West Nile Virus, consult a doctor immediately.***

## Protection is the Best Defense Against West Nile Virus

Mosquitoes are known to spread several viral agents that can cause human disease. Protect yourself from West Nile Virus by protecting yourself from mosquito bites. Fight the bite by following these suggestions:

- **At dawn and dusk, wear long pants, long-sleeved shirts and other protective clothing outdoors.**
- **Apply insect repellent according to label instructions.** Products containing DEET have been shown to last longer than other products.

- Mosquitoes can breed in as little as a tablespoon of water. **Eliminate all sources of standing water on your property that can support mosquito breeding.** Recycle used tires and cover containers where water can collect.

- **Mosquito-proof your home:** Make sure that doors and windows have tight fitting screens. Replace screens that have tears or holes. Clean out rain gutters and keep drains clear.

- **Use mosquito fish or mosquito dunks in ponds and birdbaths.** Mosquito dunks can be found at many hardware and garden supply stores.

- **San Francisco residents can pick up free mosquito larvae-eating mosquito fish for their ponds or birdbaths** by calling the San Mateo County Mosquito & Vector Control District at (650) 344-8592.

- **Contact the SF Department of Public Health** at (415) 252-3805 if there is a significant mosquito problem where you live or work.



- **Report dead birds to the California Department of Health Services** by calling, toll-free, 877-WNV-BIRD (877-968-2473). Detection of West Nile Virus in dead birds is often the first indication that the virus has moved to a new region.