

## Protect Yourself

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There is no human vaccine to prevent West Nile virus and no specific treatment for the virus. Treatment of severe illnesses includes hospitalization, use of intravenous fluids, respiratory support, prevention of secondary infections, and good nursing care. If you have symptoms of West Nile virus such as fever, rashes, or body aches you should contact your doctor right away.



### The best defense against West Nile Virus is to avoid mosquito bites. You can reduce contact with mosquitoes by taking the following actions:

- Remove common backyard mosquito breeding sources, such as standing water in neglected pools, birdbaths, and flower pots
- Wear clothing that covers the skin, such as long pants and long-sleeved shirts, when outdoors
- Apply repellent containing DEET, Picaridin or Oil of Lemon Eucalyptus to clothing and exposed skin
- Try to stay indoors during dawn and dusk
- Apply screens to doors and windows and keep them well maintained to prevent mosquitoes from entering the home
- Prevent mosquito breeding sources in your backyard and neighborhood by eliminating standing water
- Stock ornamental ponds and other standing water sources with mosquito fish

### Repellents

The best way to reduce the risk of infection is to avoid mosquito bites. Apply insect repellent that contains either **DEET**, **Picaridin** or **Oil of Lemon Eucalyptus** when you are outdoors. Whenever you use an insecticide or insect repellent, be sure to read and follow the directions carefully. Avoid applying repellent to children less than 2 years old. Use care in applying repellent on children; repellent on their hands may get into their mouth and eyes, causing irritation.

For More Information On  
WNV Or Other Vectors

Contact:  
(858) 694-2888  
[vector@sdcounty.ca.gov](mailto:vector@sdcounty.ca.gov)



[www.SDFightTheBite.com](http://www.SDFightTheBite.com)

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## Report Dead Birds

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### Help Monitor Diseases in Your Area

Dead birds in an area may indicate that West Nile virus or Bird Flu is present. Birds in the United States and San Diego County have tested positive for West Nile virus. To date, no birds have tested positive for the Bird Flu virus in the United States or in San Diego County.



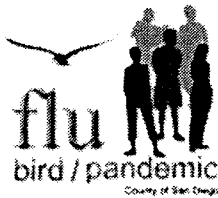
### Dead Bird Surveillance Program

San Diego County is testing selected dead birds for West Nile virus and Bird Flu. If you find a dead bird, please notify our office immediately at 1-888-551-INFO (4636), or [click here](#) to alert vector staff for bird collection.

**Weekend and Holiday Reporting: If you are reporting a dead bird during the weekend or on a holiday please call Station M at (858) 565-5255 for dead bird pickup.**



West Nile virus is transmitted among birds and mosquitoes. San Diego County is testing Corvids (crows, ravens, and jays), and Raptors (hawks and owls) for West Nile virus. Birds, particularly crows and jays, infected with West Nile virus can die or become ill. Over 230 species of birds are known to have been infected with West Nile virus.



Bird Flu is transmitted between birds. Poultry, waterfowl (ducks, geese, and swans), shorebirds, and other water birds are being tested for Bird Flu. Wild birds are known to have been infected with Bird Flu.

### Criteria for Collecting Dead Birds for Testing

The bird must be dead less than 24 hours. If you are not sure if the bird you have found is less than 24 hours old look for the following clues:

1. The bird should not be stiff.
  2. There should be no ants or flies covering the bird.
  3. The bird should not have a foul odor.
  4. The bird should be intact. There should not be any missing body parts or physical injuries.
- DO NOT FREEZE THE BIRD.

### Safely Handling Dead Birds

- Do NOT touch dead birds.
- Do NOT move dead birds unless necessary, if they are in areas where people, kids, or pets are likely to come into contact with them.
- Use caution if you must handle a dead bird:
  - Do not touch dead birds with your bare hands.
  - Wear gloves or use a shovel to pick the bird up.
  - Wear protective eyewear to prevent bird fluids from being splashed into your eyes when the bird is wet, large or covered with feces.
  - Do not eat or smoke while handling the bird.
  - Double bag the dead bird by placing it into one plastic bag and then placing that bag into another plastic bag.
  - Wash your hands with soap and warm water IMMEDIATELY after handling the bird.