

Mosquito Prevention

The Mosquito Life Cycle

Eggs

Female mosquitoes deposit eggs singly or in rafts on or near standing water. These eggs are very small, and hatch within a few days.

Larvae

Mosquito larvae emerge from mosquito eggs. They float near the water surface where they can breathe, but may move in a wriggling motion when disturbed. Mosquito larvae feed on microorganisms and other debris in water.

Pupae

Mosquito pupae form a protective shell in which they transform from a larvae into a winged adult. During this time they do not feed. They float near the surface of the water, but may move in a tumbling motion when disturbed.

Adults

After emergence, the adult mosquitoes briefly rest on the water surface before taking flight. Female mosquitoes need to take a blood meal in order to produce eggs. They will seek out a host by sensing body heat, body scent, and exhaled carbon dioxide. Only female mosquitoes bite; male mosquitoes feed only on plant nectar.

Mosquito Prevention is a Shared Responsibility

The District works year-round to treat standing water where mosquitoes can develop, like stormwater catch basins, creeks, ponds, and marshes. Preventative larviciding is the most efficient way to kill mosquito larvae before they can develop into adult mosquitoes. capable of transmitting diseases to humans.

You can help us keep your community healthy by following the tips on the back of this fact sheet.

West Nile Virus

Mosquitoes aren't just annoying. Some mosquitoes carry diseases that can infect people, pets, or livestock.

West Nile Virus is the most common mosquito-borne disease in San Mateo County. It is transmitted when humans are bitten by infected mosquitoes. Most people who get West Nile Virus have no symptoms, but some will become very sick or even die. Symptoms of West Nile Virus include headache, fever, rash, meningitis, or encephalitis.

There is no human vaccine for West Nile Virus. The only way to prevent West Nile Virus is to avoid being bitten by an infected mosquito. A person who thinks they may have West Nile Virus should speak with their doctor right away.



Report Dead Birds and Squirrels

The presence of dead birds and squirrels may indicate that West Nile Virus is present in an area.

Report dead birds and squirrels by calling **(877) 968-BIRD** or by visiting <http://westnile.ca.gov>

Don't Breed Mosquitoes

The best way to prevent mosquito bites is by dumping, draining, or treating standing water where mosquito eggs, larvae, and pupae are found.

- Turn over, cover, or dispose of small containers
- Screen/cover rain barrels or other water collection devices
- Inspect and repair sump pumps
- Stock ponds, fountains, water troughs, and unused pools with mosquito fish
- Change water in birdbaths and pet bowls weekly
- Keep gutters clear of leaves and debris
- Repair leaks that create standing water
- Fill tree holes with sand
- Avoid over-watering

Protect Yourself from Mosquito Bites

Dress Properly

Keep skin covered by wearing long sleeves and pants when outdoors. Choose loose-fitting clothing; mosquitoes may be able to bite through tight-fitting garments.

Use Insect Repellent

Look for products containing DEET, Picaridin, or oil of lemon eucalyptus. Always apply repellent according to the label directions.

Avoid Dawn and Dusk

Most mosquito species are active at dawn and dusk. Time outdoor activities to minimize your exposure to mosquito bites.

Repair Door and Window Screens

Keep mosquitoes out of your home by ensuring that door and window screens fit tightly and are in good condition.

Stay Aware

Educate yourself about the mosquito-borne diseases present in your community, and contact your doctor if you believe you may have a mosquito-borne disease.

San Mateo County Mosquito and Vector Control District

(650) 344 - 8592
1351 Rollins Road
Burlingame, CA 94010

Monday-Friday
8a.m. to 4:30p.m.

www.smcmvcd.org



**SAN MATEO COUNTY
MOSQUITO & VECTOR
CONTROL DISTRICT**

Protecting public health since 1916