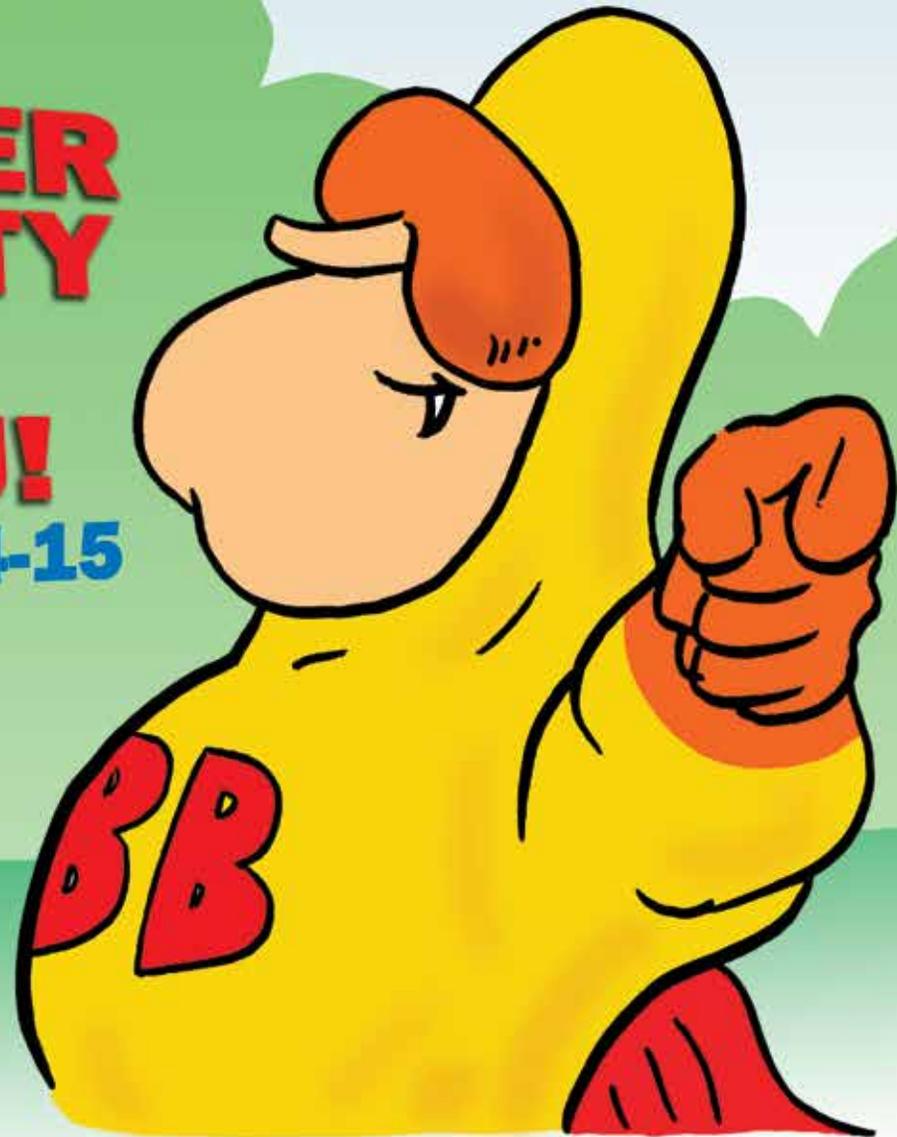
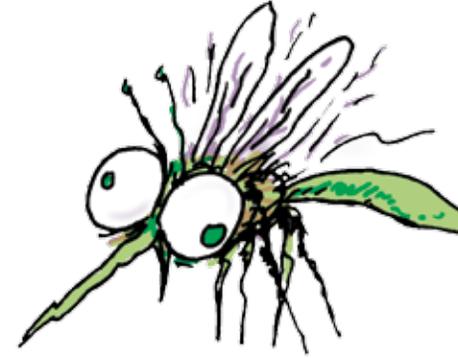
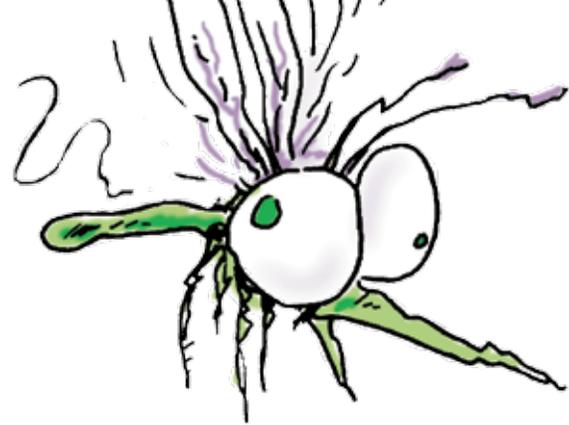


2014-2015

**A HEALTHIER  
COMMUNITY  
BEGINS  
WITH YOU!**  
**Fight the Bite 2014-15**





**Fairfax County Board of Supervisors**  
 Chairman, At-Large: Sharon Bulova

**Fairfax County Health Department**  
 Gloria Addo-Ayensu, M.D., M.P.H., Director

**Districts**

Braddock: John C. Cook  
 Dranesville: John W. Foust  
 Hunter Mill: Catherine M. Hudgins  
 Lee: Jeff C. McKay  
 Mason, Vice Chairman: Penelope A. Gross  
 Mount Vernon: Gerald W. Hyland  
 Providence: Linda Q. Smyth  
 Springfield: Pat Herrity  
 Sully: Michael R. Frey



**Division of Environmental Health**  
 Pieter Sheehan, R.E.H.S., Director  
 John Milgrim, R.E.H.S. Program Manager

**Disease Carrying Insects Program**

Joshua Smith, M.S., Supervisor  
 Andrew Lima, M.S., Biologist  
 John Orr, M.S., Biologist  
 Patrick Brown, Biologist  
 Ebonie Miller, Technician  
 Ada Garcia-Ayala, Administrative Assistant



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If such permission is sought, please contact the  
 Fairfax County Health Department, 10777 Main Street, Suite 203, Fairfax, VA 22030.  
 703-246-2411 TTY 711



Dear Resident and Friend of Fairfax County,

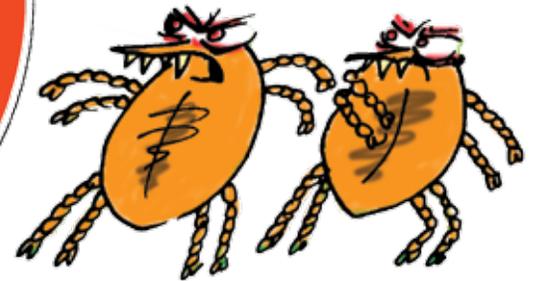
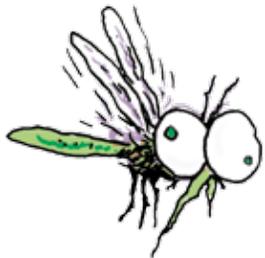
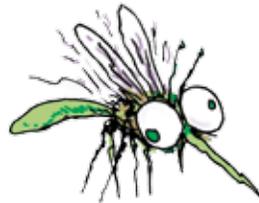
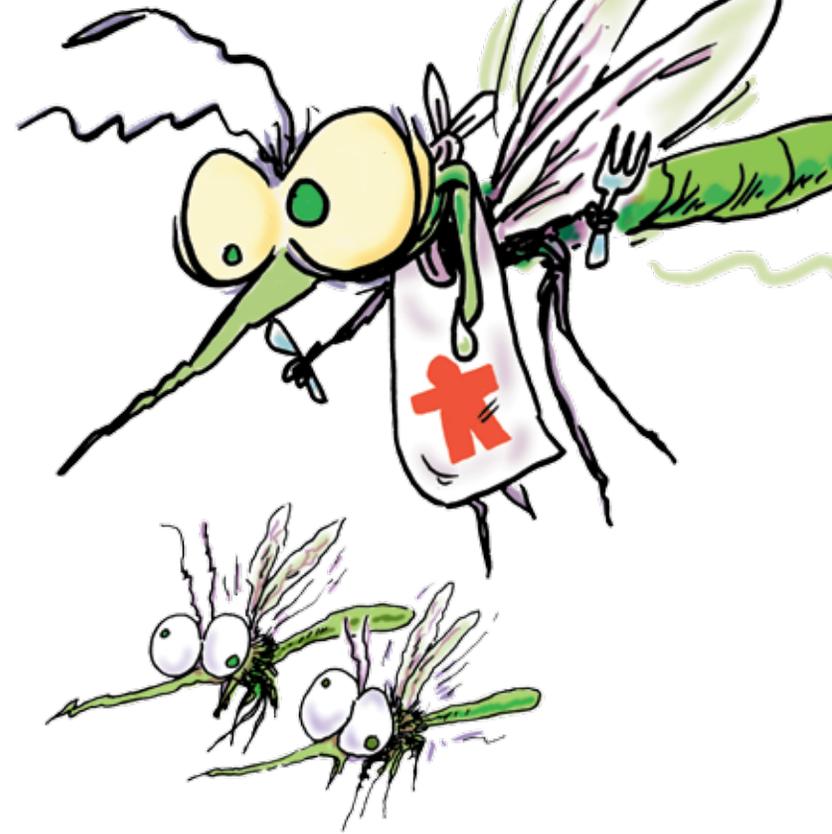
I am excited to introduce the tenth anniversary edition of the Fairfax County Health Department's Fight the Bite calendar. The Health Department's Division of Environmental Health seeks to have healthy people in healthy communities and works in a variety of ways to protect, promote and improve the health and quality of life in Fairfax County.

The educational messages in this calendar provide you with practical ways to protect yourself, your family and community from mosquito and tick bites and vector-borne diseases like West Nile virus and Lyme disease. Some of the recommended activities will provide personal protection from mosquitoes and ticks, while others will also benefit your neighbors. Please take the time to educate yourself with the information provided here and remember that a healthier community begins with you.

I hope you enjoy this edition,

*Gloria Addo-Ayensu*

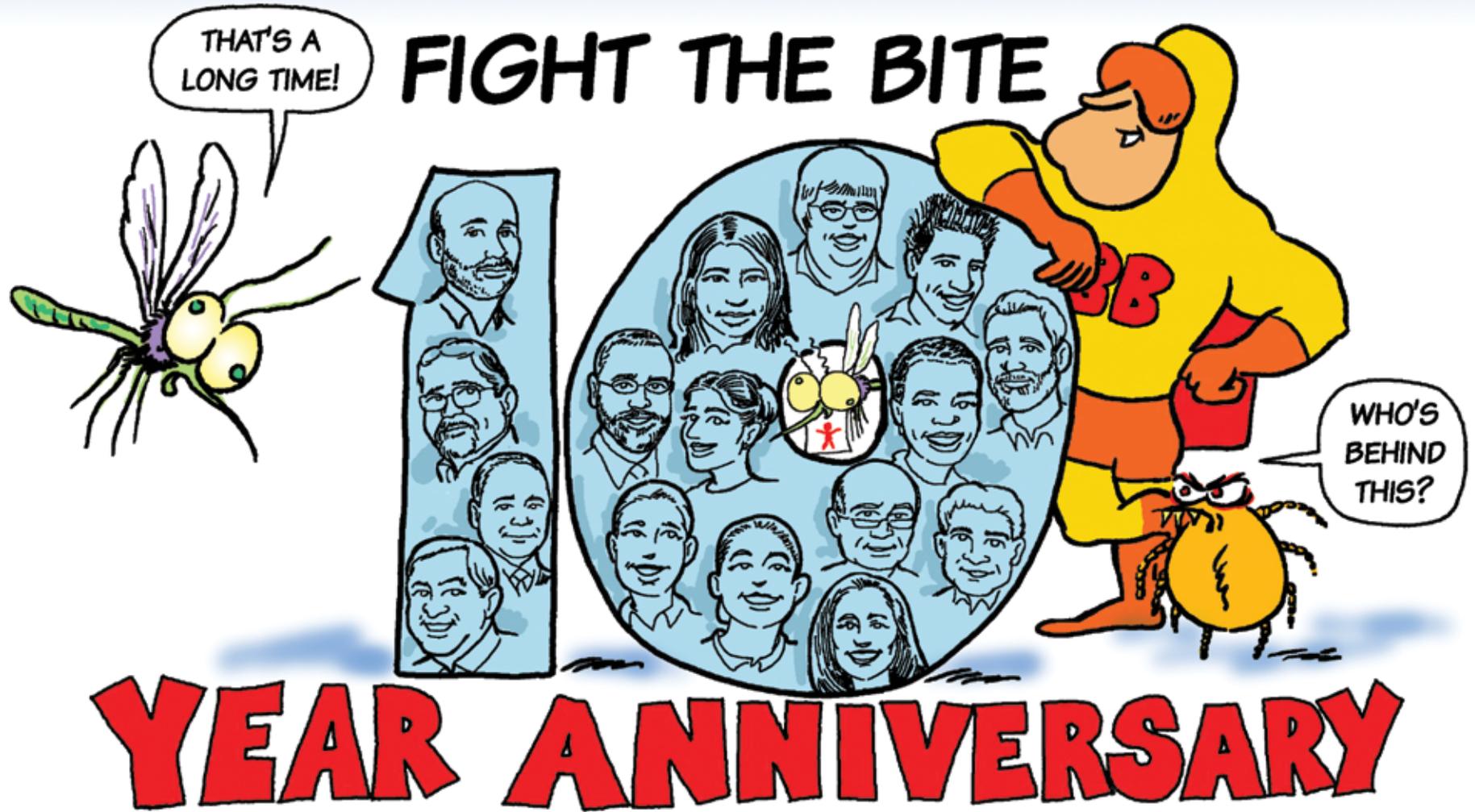
Gloria Addo-Ayensu, MD, MPH  
Director of Health



Design and layout by  
Allen Wayne, Ltd.

A healthier community begins with you

July 2014



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Health Department staff are happy to help you evaluate your yard for mosquito breeding sites. Please contact us via phone at 703-246-8931 or via e-mail at [fightthebite@fairfaxcounty.gov](mailto:fightthebite@fairfaxcounty.gov). You can also visit our Web page at [www.fairfaxcounty.gov/fightthebite](http://www.fairfaxcounty.gov/fightthebite) to view our "Breeding Site Check List".



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Independence Day



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Promptly remove an attached tick.

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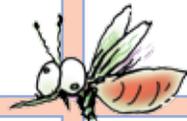
11

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16

Spray your yard with permethrin to kill mosquitoes and ticks.

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Always read and follow label instructions when using repellents.

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Deer are the metro system for ticks.

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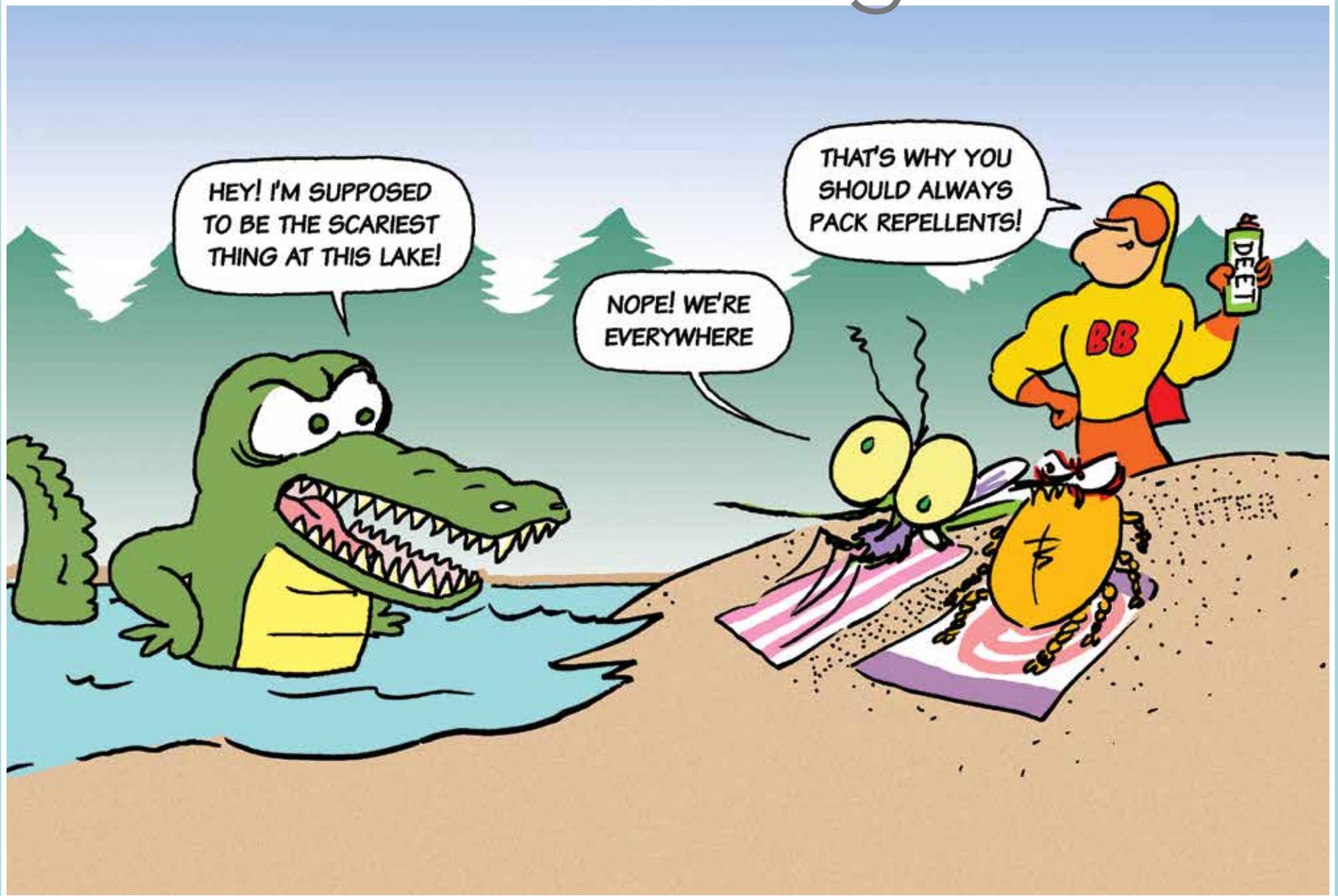
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31



A healthier community begins with you

# August 2014



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**Corrugated drain pipes** used as downspout extensions, even if underground, are an important breeding site for mosquitoes. Make sure the pipes are placed so they do not hold water. If above ground, empty them once a week. Otherwise, place a Mosquito Dunk® inside the pipe to prevent mosquitoes from breeding. Replace the dunks once a month during mosquito season. Use a piece of string to secure the dunk in the pipe or gutter to prevent it from being washed away.

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Mosquito larvae are immature mosquitoes that live in water.

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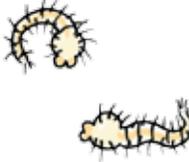
10



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The life span of a female mosquito ranges from 3 to 100 days!

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Mosquitoes develop from egg to adult in as little as one week.

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There were over 2,300 cases of West Nile virus in the U.S. in 2013.

30

# September 2014



CHECK YOUR REPELLENT LABELS  
FOR PROPER USE ON CHILDREN!

IF YOU'RE GETTING BIT,  
THEY'RE GETTING BIT!

A healthier community begins with you

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 **Labor Day**

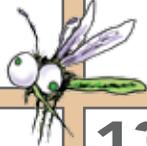
2

3  
Check your yard every week and eliminate standing water!

4

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13  
Do a tick check! Look for ticks after playing outdoors.

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18  
Mosquitoes can fly backwards, sideways, and upside-down.

19

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22  
Around the world, mosquitoes are responsible for more human deaths than any other creature.

23 **The First Day of Autumn (Autumnal Equinox)**

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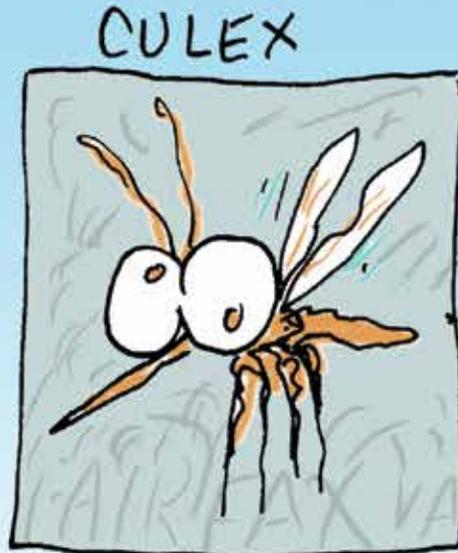
**Mosquitoes bugging you?**

Fairfax County Health Department encourages you to check your yard every week for potential mosquito breeding sites and **Say NO to MO**squitoes.



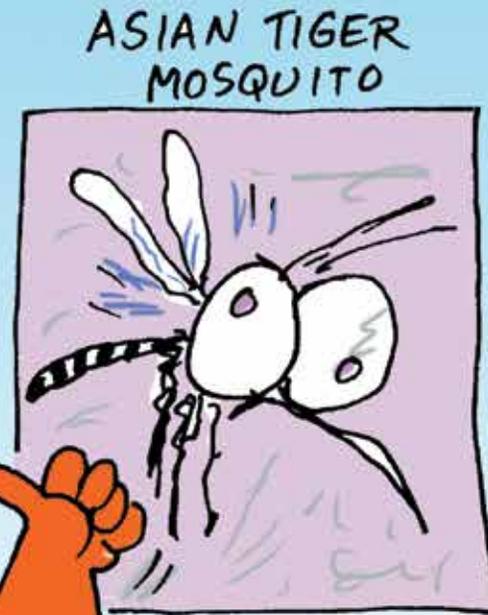
A healthier community begins with you

# October 2014



- BROWN COLOR
- ATTACKS FROM DUSK UNTIL DAWN

FIGHT THE BITE DAY AND NIGHT!!



- DISTINCTIVE BLACK & WHITE STRIPES
- BITES DURING DAYLIGHT HOURS

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Avoiding ticks and mosquitoes doesn't mean that kids have to stay inside in front of the TV. Get them outside and playing, but remember - a couple of seconds applying an effective repellent to exposed skin and clothing will help everyone stay healthy.



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4  
Don't let mosquitoes suck all the blood out of you.

5

6  
Mosquitoes and ticks live in our parks.

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13 **Columbus Day**

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Only female mosquitoes bite.

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Repellents don't kill mosquitoes - but fly swatters will!

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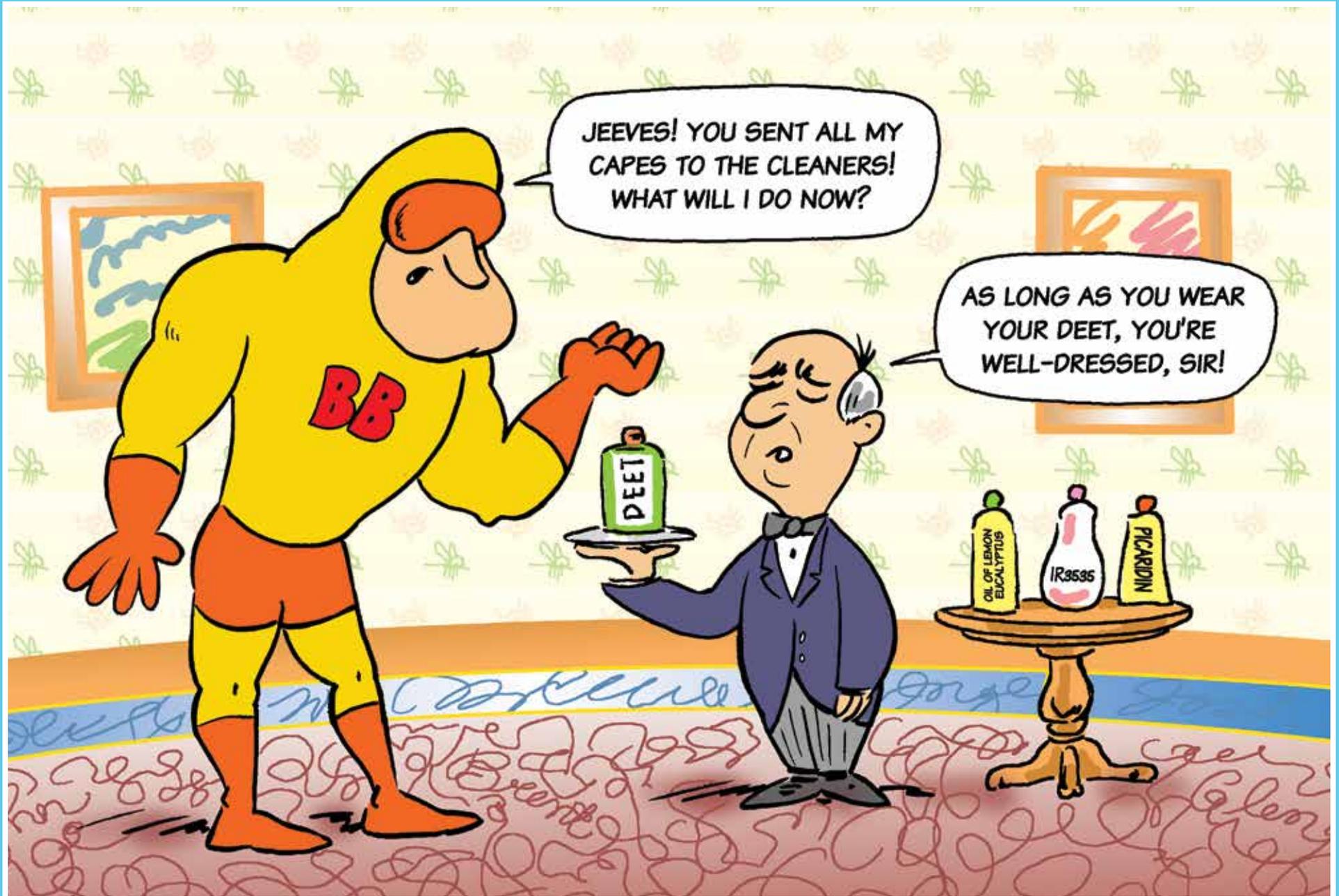
28

29  
A mosquito's wings can beat 500 times per second.

30

31 **Halloween**

# November 2014



A healthier community begins with you

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Use repellent!** DEET, Picaridin, Oil of Lemon Eucalyptus or IR3535 are all good choices. **Dress appropriately!** Wear long, loose and light-colored clothing during all outdoor activities.



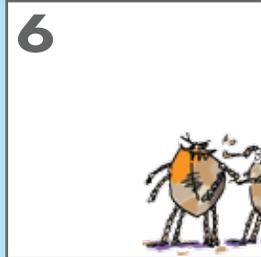
1

2 **Daylight Saving Time Ends**

3  
Mosquitoes and ticks are blood-sucking parasites.

4 **Election Day**

5



7

8



10

11 **Veterans Day**

12

13



15  
There were over 200 cases of Lyme disease reported in Fairfax County in 2013.

16

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19

20  
Play golf? Ticks are hiding in the rough.

21

22

23  
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24

25  
Make your yard tick-free! Clear tall brush and grass around your home.

26

27 **Thanksgiving Day**

28

29

# December 2014



A healthier community begins with you

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

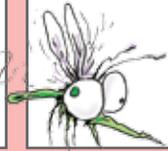


1

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Removing ticks promptly minimizes your risk of disease.

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11  
  
One abandoned tire can produce thousands of mosquitoes!

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15  
  
There are over 800 species of ticks in the world.  


16

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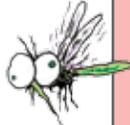

18

19

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21 **The First Day of Winter (Winter Solstice)**

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23  


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25 **Christmas Day**  


26

27  
  
Keep biting insects away by wearing repellent.

28

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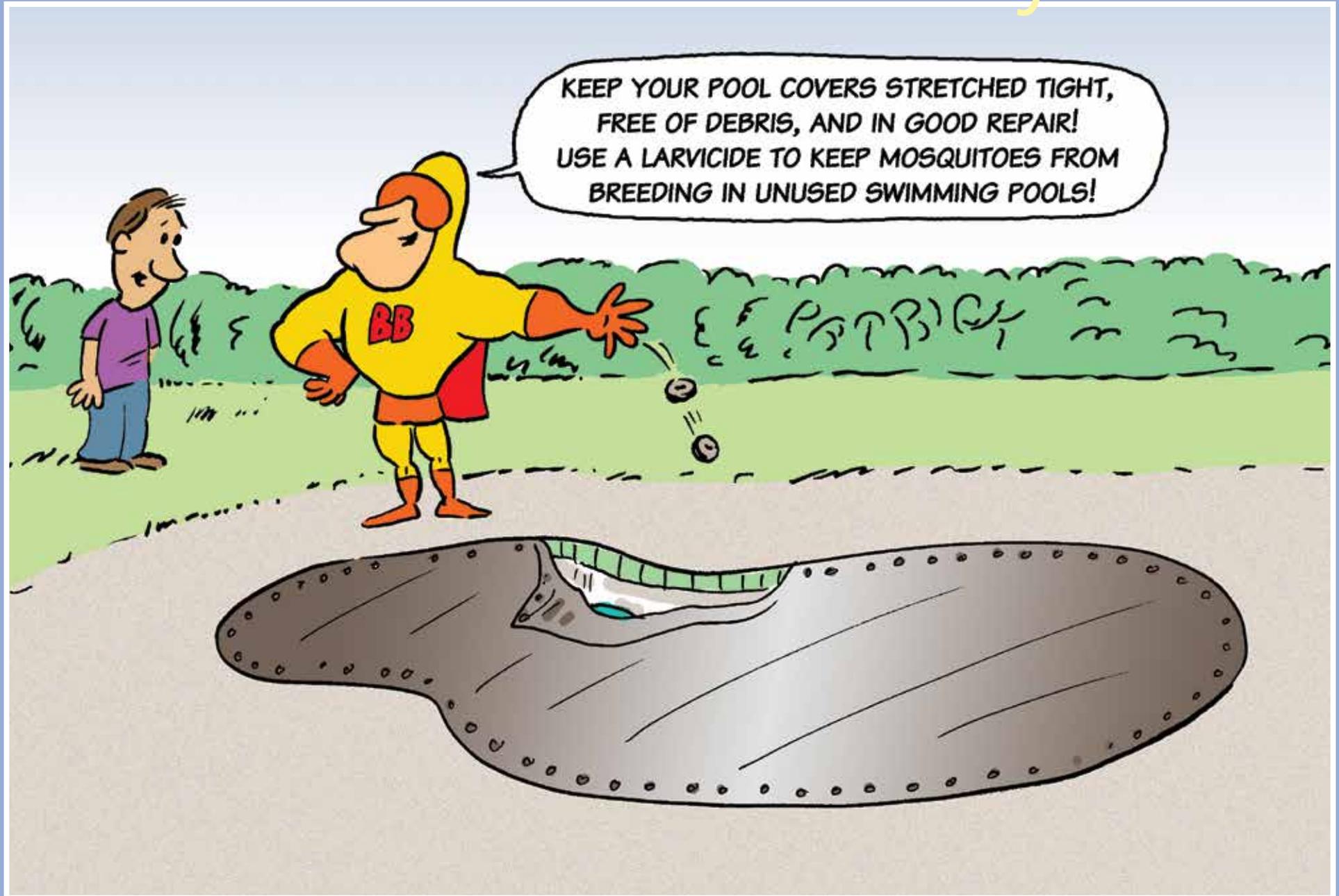
30

31 **New Year's Eve**



A healthier community begins with you

# January 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**Planning your garden?**

Don't forget our tips for tick-free landscaping and a mosquito-free home. Visit our Web page at [www.fairfaxcounty.gov/fightthebite](http://www.fairfaxcounty.gov/fightthebite) or contact us via email at [fightthebite@fairfaxcounty.gov](mailto:fightthebite@fairfaxcounty.gov).



**2**  
Make a resolution to Fight the Bite!

**3**

**4**

**5**  
Planning a vacation to a warm climate? Be sure to pack repellent.

**6**

**7**

**8**



**9**

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**11**

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**15**

**16**

**17**  
Mosquitoes exist everywhere in the world—even the Arctic!

**18**  
Not everyone with Lyme disease develops the bull's-eye rash.

**19** **Martin Luther King, Jr. Day**



**20**

**21**

**22**

**23**

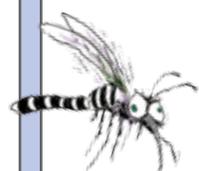
**24**

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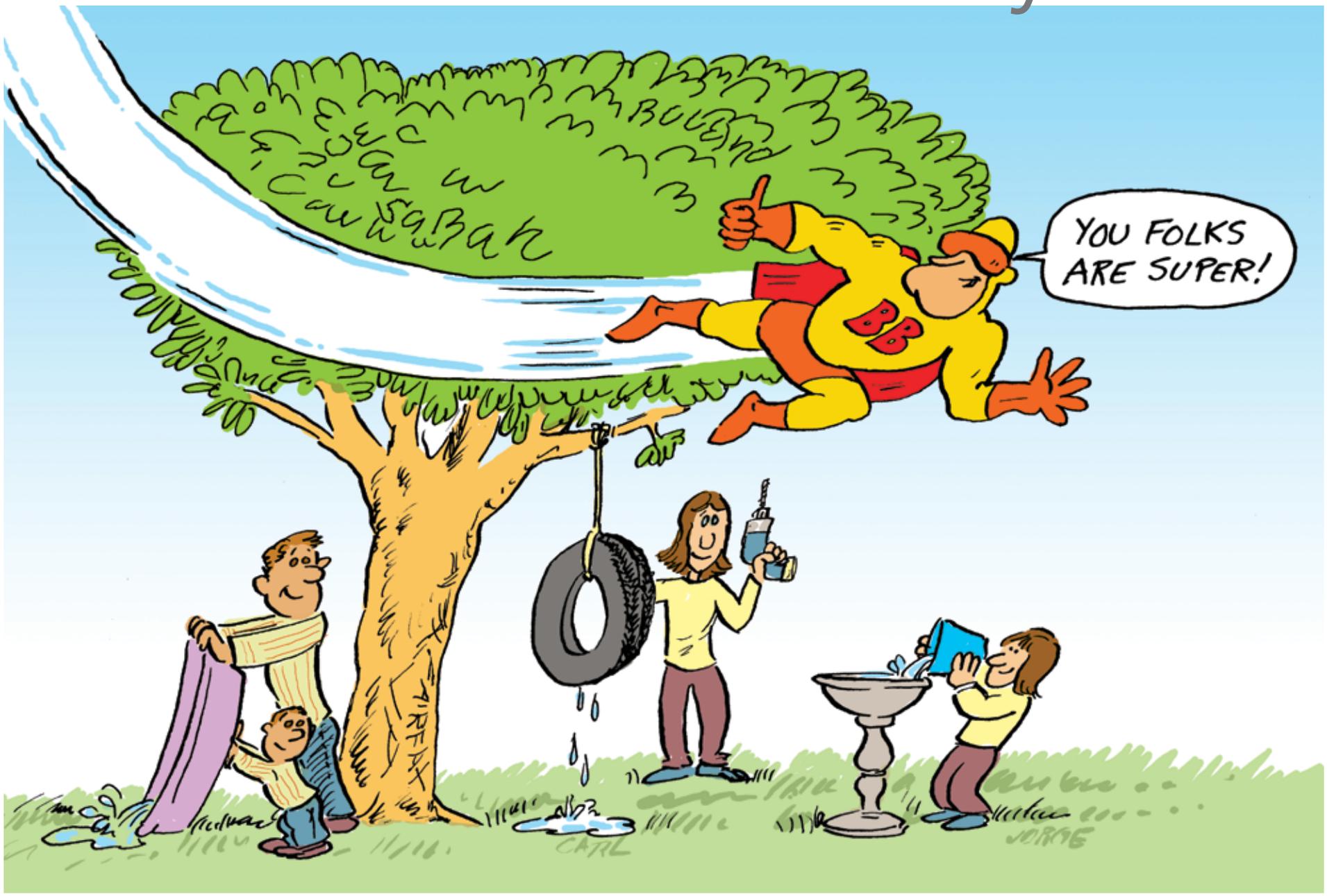
**29**  
Ticks will come out on a warm winter day. Don't let your guard down!

**30**

**31**

# February 2015

A healthier community begins with you



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2 **Groundhog Day**



3

4

5

Mosquitoes can transmit heartworm to dogs.

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7

8

Male mosquitoes find females by the sound and pitch of their wings beating.

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11



12

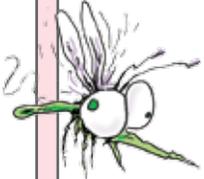
13

14 **Valentine's Day**



15

16 **Presidents' Day**



17

18

A female mosquito may lay eggs three or four times during her lifetime.

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20

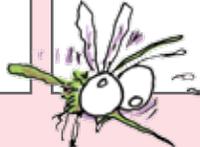
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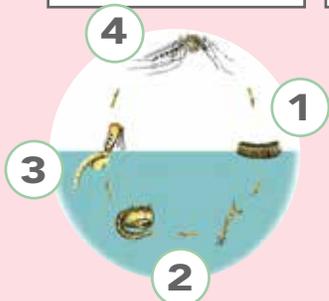


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28

Female mosquitoes lay 200-300 eggs each time.



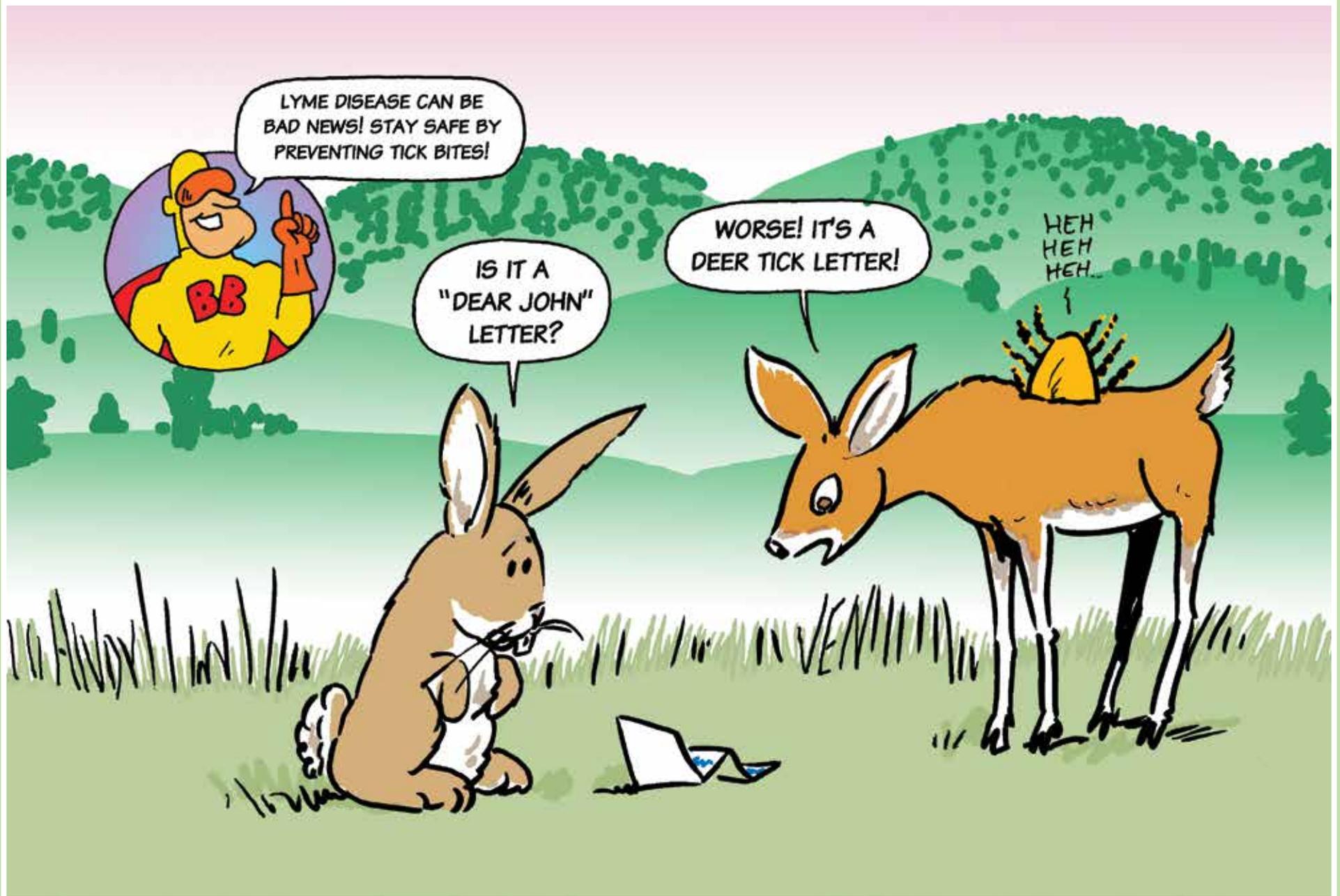
**Mosquito Life Cycle**

There are four stages in the life of a mosquito: egg, larva, pupa and adult.

1. Mosquito eggs are laid so that they hatch in water.
2. A larva emerges from the egg and feeds and grows in the water for about a week.
3. The larva then turns into a pupa, which is also found in water but does not feed.
4. After about two days, the adult mosquito that has developed inside the pupa will emerge into the familiar flying form.

A healthier community begins with you

# March 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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Recycle old tires by calling (703) 324-5230.



8 Daylight Saving Time Begins

9

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13

14

Vaccinate your dog against Lyme disease.

15

Check yourself for ticks after working or playing outside.

16

17 St. Patrick's Day



18

19

20 The First Day of Spring (Spring Equinox)

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25

Do some spring cleaning in the yard and prevent summer mosquitoes.

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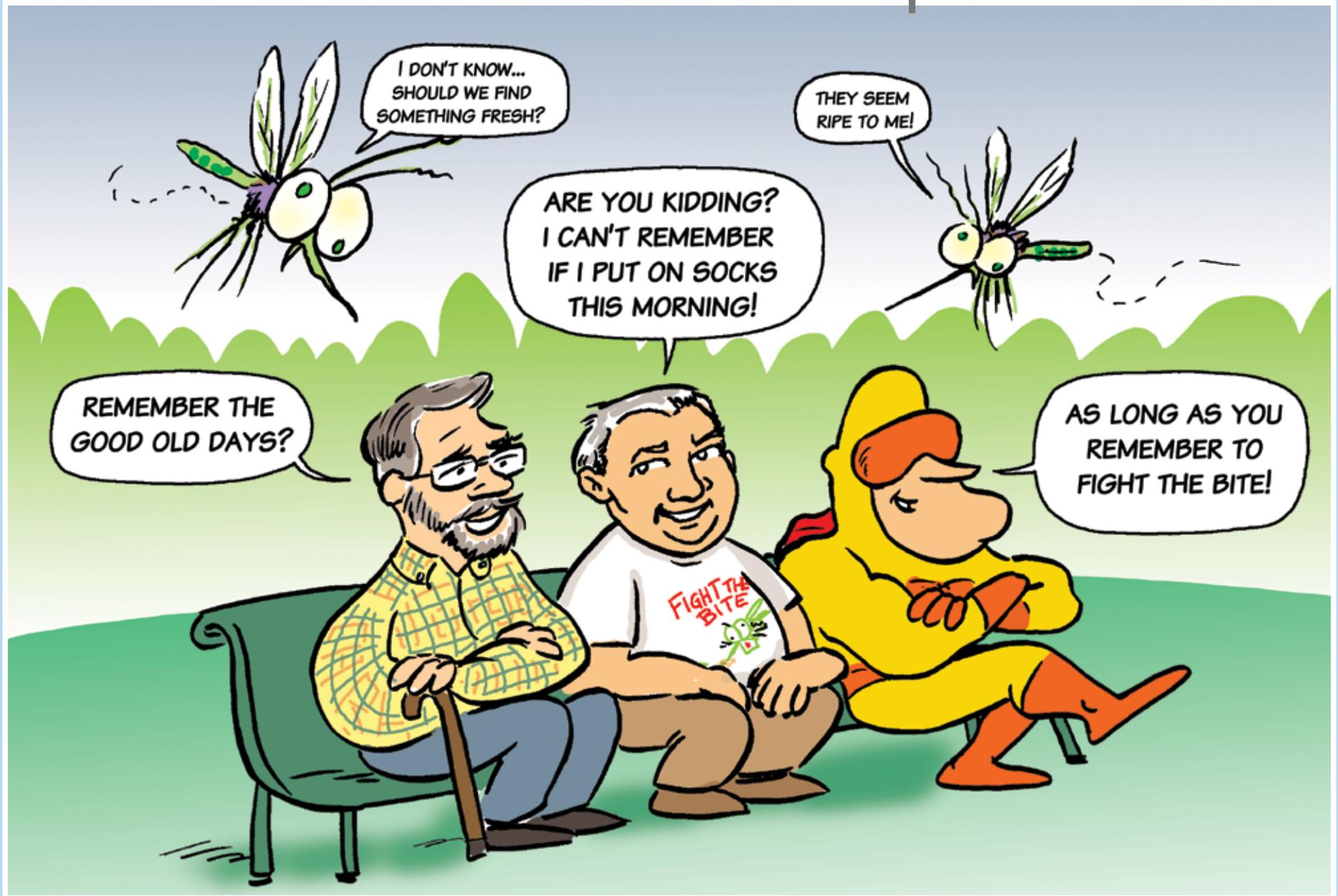
30

31



A healthier community begins with you

# April 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Dress to protect!**

Wear long, loose and light-colored clothing while outdoors so that you can spot ticks easily.



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Some mosquitoes like to breed in storm drains.

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National Public Health Week

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14  
Wear repellent to keep biting insects away.



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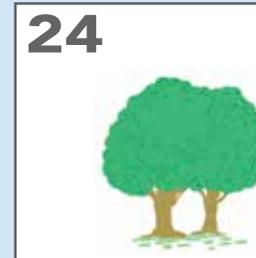
19

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23  
Did you know that ticks cannot fly or jump?



25

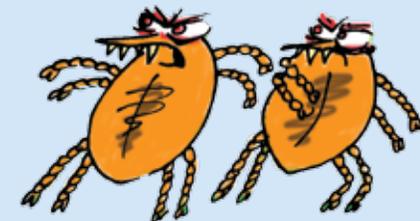
26  
Got a bull's eye rash? See a physician.

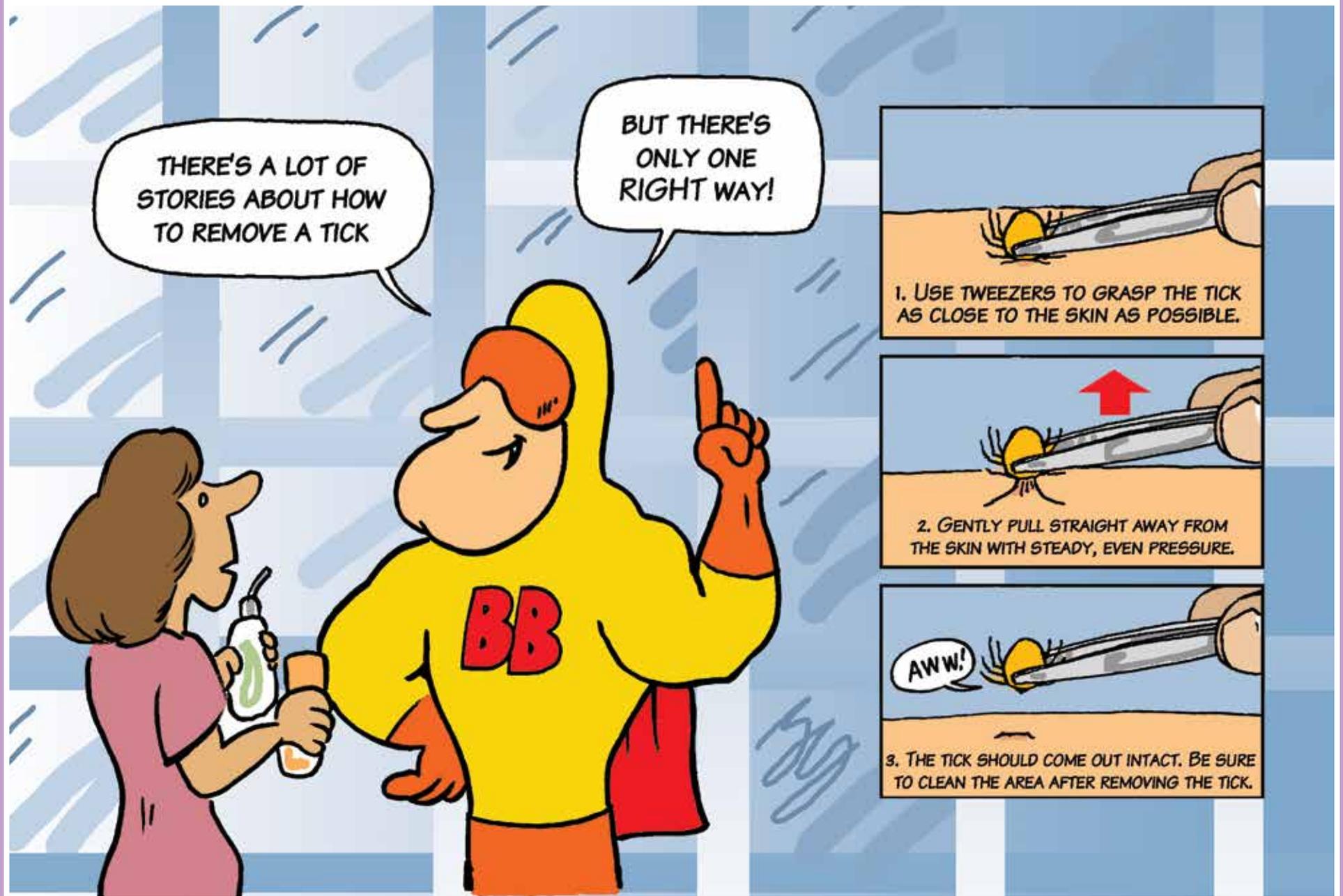
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Sunday

Monday

Tuesday

Wednesday

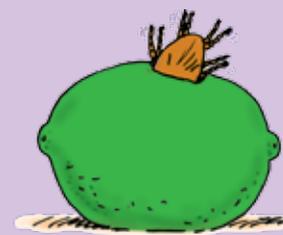
Thursday

Friday

Saturday

**MAY IS LYME DISEASE AWARENESS MONTH!**

**The first sign of Lyme disease** is usually a bull's-eye rash; although, not all persons develop this rash. Infected persons often experience fatigue, chills, fever, headache, muscle and joint aches, and swollen lymph nodes. **Other symptoms** include loss of muscle tone, neck stiffness, shooting pains, heart palpitations, and dizziness. **An untreated infection** may cause intermittent bouts of arthritis with severe joint pain and swelling. Some people may develop neurological complaints for months after infection. If you experience these symptoms, with the history of a recent tick bite, contact your physician.



**1**  
  
Mosquito and tick season is here!

**2**

**3**

**4**

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**9**  
  
Buy Mom some flowers and DEET.

**10** Mothers' Day

**11**  
  
DEET repels ticks and mosquitoes!

**12**

**13**

**14**

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**16**



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**18**

**19**  
  
Black-legged (deer) ticks transmit Lyme disease.

**20**

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**23**

**24**  
  
**31**

**25** Memorial Day

**26**

**27**

**28**  
  
Deer tick nymphs are the size of a freckle.

**29**

**30**

A healthier community begins with you

June 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Report mosquito breeding sites to the Health Department: (703) 246-8931 or fightthebite@fairfaxcounty.gov.

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Don't get sick from the bite of a tick!

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8  
Stick to the center of trails when walking in wooded areas.

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20  
Buy Dad something he'll wear - insect repellent!

21 **Fathers' Day**  
**The First Day of Summer (Summer Solstice)**

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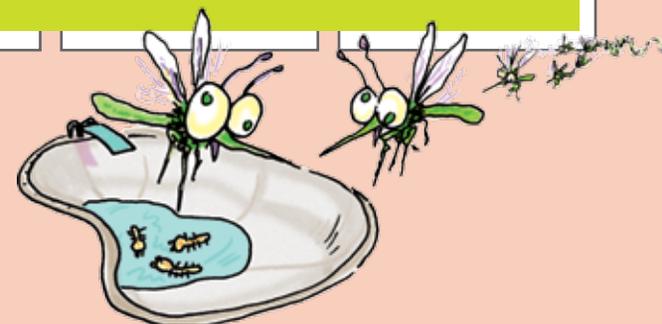
**National Mosquito Control Awareness Week**

28

29  
Don't let children apply repellent by themselves.

30

**Do your part by eliminating standing water!** If you cannot eliminate standing water, treat the water with a larvicide containing Bti (*Bacillus thuringiensis* var. *israelensis*). Bti is a naturally occurring bacteria that will not harm your kids, pets, or plants.



A healthier community begins with you

July 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Don't let mosquitoes take a bite out of you! Use an effective repellent (DEET, Picaridin, Oil of Lemon Eucalyptus or IR3535) to avoid being a mosquito's lunch.



1

2  
Don't let mosquitoes bug you! Use repellent.

3

4 Independence Day

5

6

7  
Female mosquitoes lay eggs on standing water.

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17  
  
The Asian tiger mosquito likes to feed during the daytime.

18

19  
A larvicide can be used to kill larvae.

20

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29  
See your physician if you think you have West Nile or Lyme disease.

30

31

A healthier community begins with you

August 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

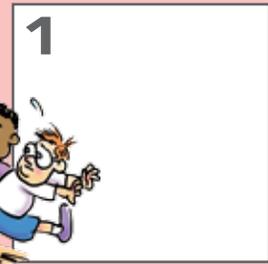
Friday

Saturday



**SYMPTOMS OF WEST NILE VIRUS**

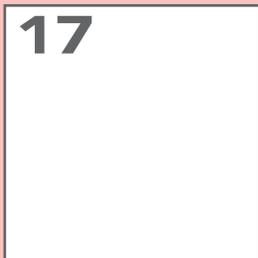
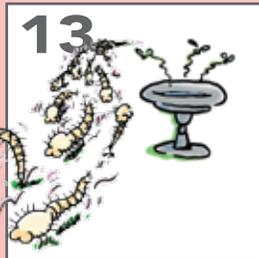
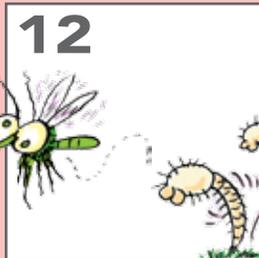
**SERIOUS SYMPTOMS in a few people:** About one in 150 people infected with West Nile virus will develop severe illness. Symptoms may include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness or paralysis. These symptoms may last several weeks and neurological effects may be permanent. West Nile virus infection can be fatal. **MILDER SYMPTOMS in some people:** Up to 20 percent of people infected with West Nile virus develop West Nile fever, symptoms of which may include fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach or back. Symptoms may last a few days to several weeks. **NO SYMPTOMS in most people:** Approximately 80 percent of people who are infected with West Nile virus will not show any symptoms at all.



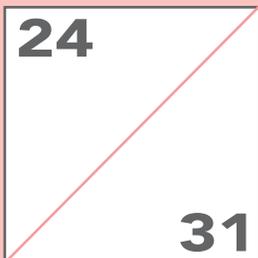
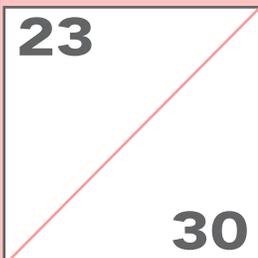
8  
People over 50 are at higher risk to get severe illness from WNV.



10  
Wear repellent and Fight the Bite!



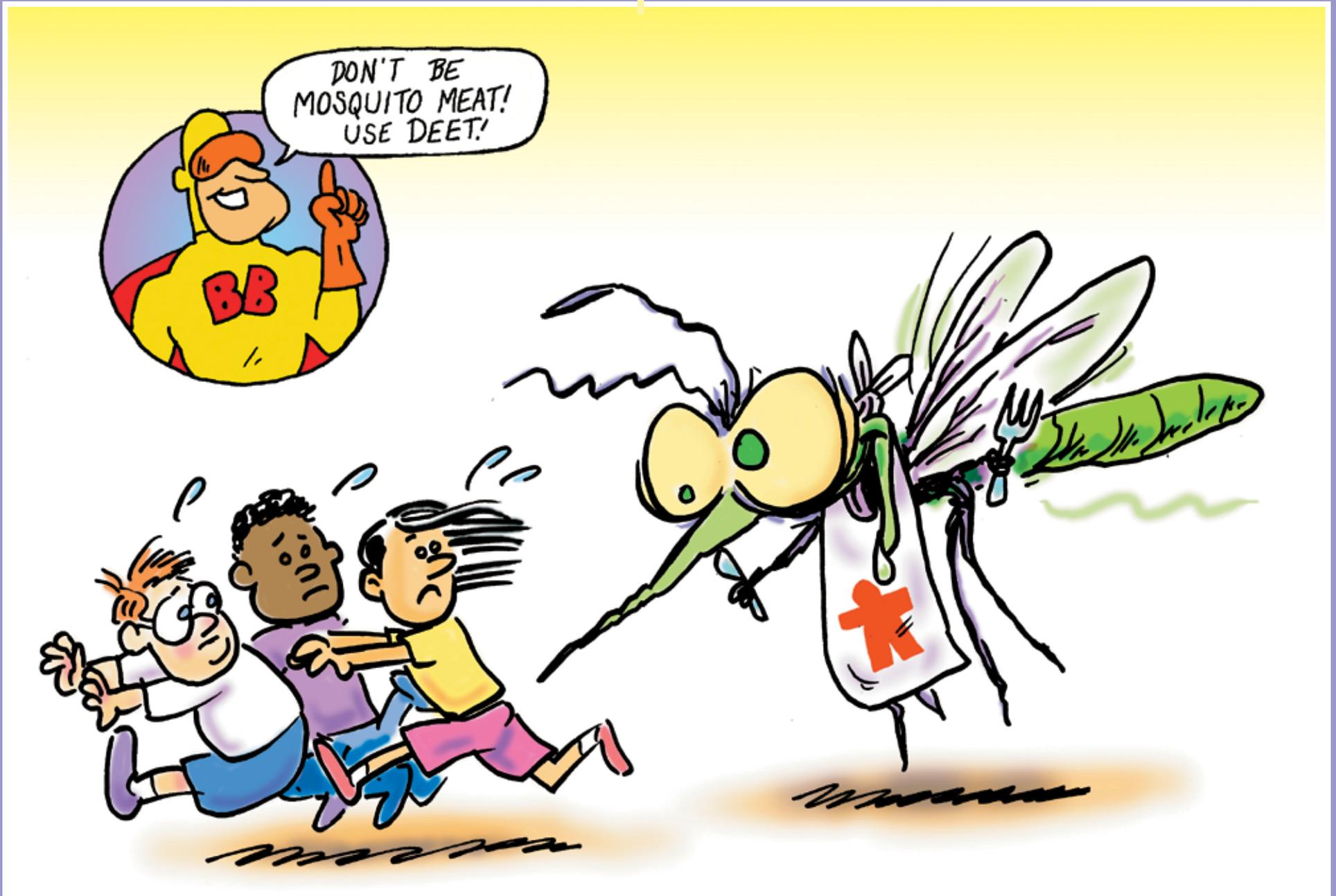
21  
WNV transmission to humans is generally higher this month.



25  
Being outside means you're at risk for WNV.



# September 2015



A healthier community begins with you

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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2  
Most mosquitoes weigh about 2.5 mg.

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6

7 **Labor Day**

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12  
Mosquitoes can smell your breath (carbon dioxide) up to 120 feet away!



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Crane flies look like BIG mosquitoes but don't bite.

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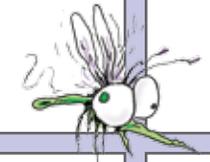
22

23 **The First Day of Autumn (Autumnal Equinox)**

24  
Adult deer ticks are the size of a sesame seed.

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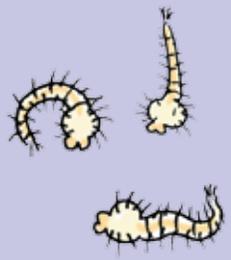
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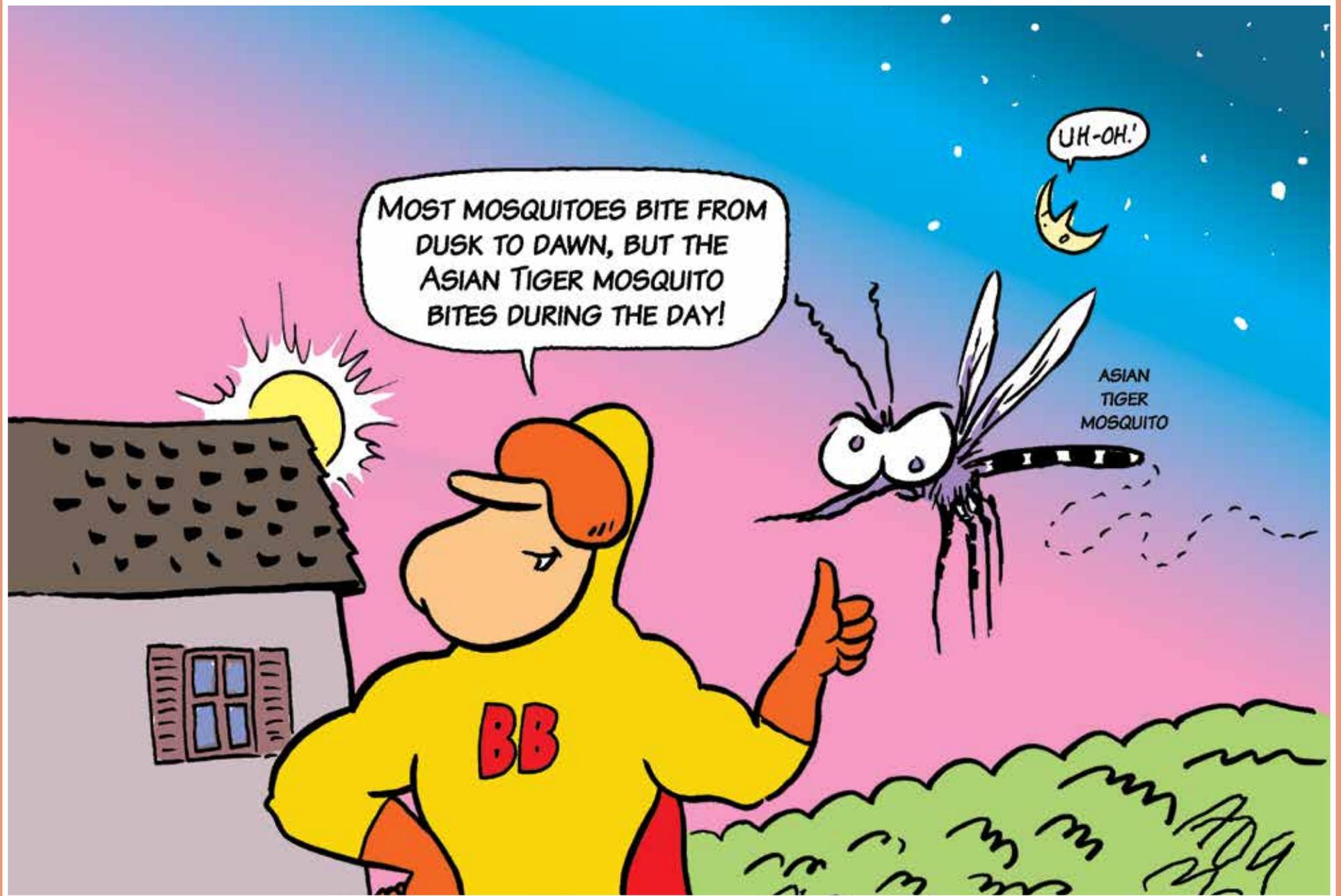
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**Black corrugated drain pipes** are a common breeding site for the Asian tiger mosquito. Place pipes so they do not hold water, or treat with a larvicide. Larvicides kill mosquitoes when they are in the larval stage of the life cycle. Look for products containing Bti (*Bacillus thuringiensis var. israelensis*) in your hardware store or garden center. Bti is a naturally-occurring bacterium that will not harm your kids and/or pets.



A healthier community begins with you

October 2015



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Choose the repellent that's right for you!** DEET is effective against mosquitoes and ticks. Picaridin, Oil of Lemon Eucalyptus and IR3535 are all effective against mosquitoes, and may be effective against ticks.



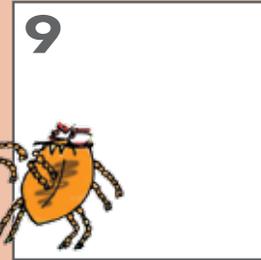
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6  
Warm fall days are enjoyed by mosquitoes and ticks. Use repellent!

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12 **Columbus Day**

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16  
Rake, remove or compost leaves, but don't forget repellent!

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18  
Got a bull's eye rash? See a physician.

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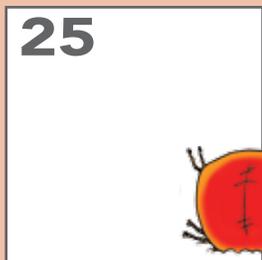
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31 **Halloween**

# November 2015



A healthier community begins with you

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 Daylight Saving Time ends

2  
There is no human vaccine for Lyme disease.

3 Election Day

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11 Veterans Day

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14  
Lyme disease is caused by the bacterium, *Borrelia burgdorferi*.

15  


16

17  
Check for ticks after hiking or playing in wooded areas.

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22  
Removing ticks promptly minimizes your risk of disease.

23

24

25

26 Thanksgiving Day

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28

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**What is Lyme disease?**

Lyme disease is a bacterial infection that is transmitted to people by the bite of an infected black-legged (deer) tick. Ticks become infected by biting rodents, especially white-footed mice, that are carrying the disease. Tick activity is seasonal, with higher tick activity in the spring and summer. Ticks feed slowly and infected ticks will not transmit disease until they have been attached for several hours. See a physician if you experience symptoms of Lyme disease and found an attached tick on yourself in the last few months.

# December 2015



A healthier community begins with you

Sunday

Monday

Tuesday

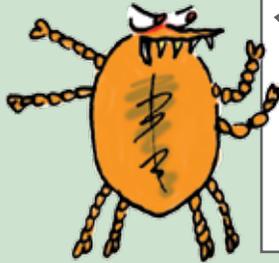
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Thursday

Friday

Saturday

Watch out for ticks on warm fall and winter days.

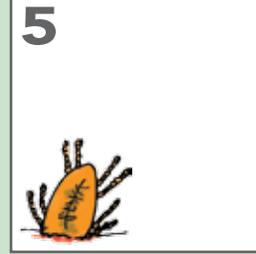


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2  
Don't be mosquito meat, use DEET!

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4



6  
Ticks are active all year—even on warm days in the winter.

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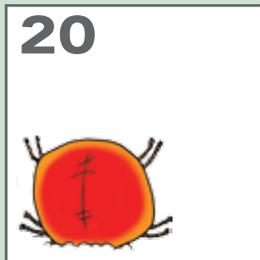
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DEET is safe for children over 2 months in age.

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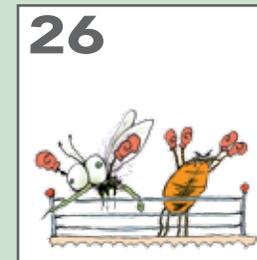


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22 **The First Day of Winter (Winter Solstice)**

23

24  
Need a last-minute gift? Buy some repellent.



27

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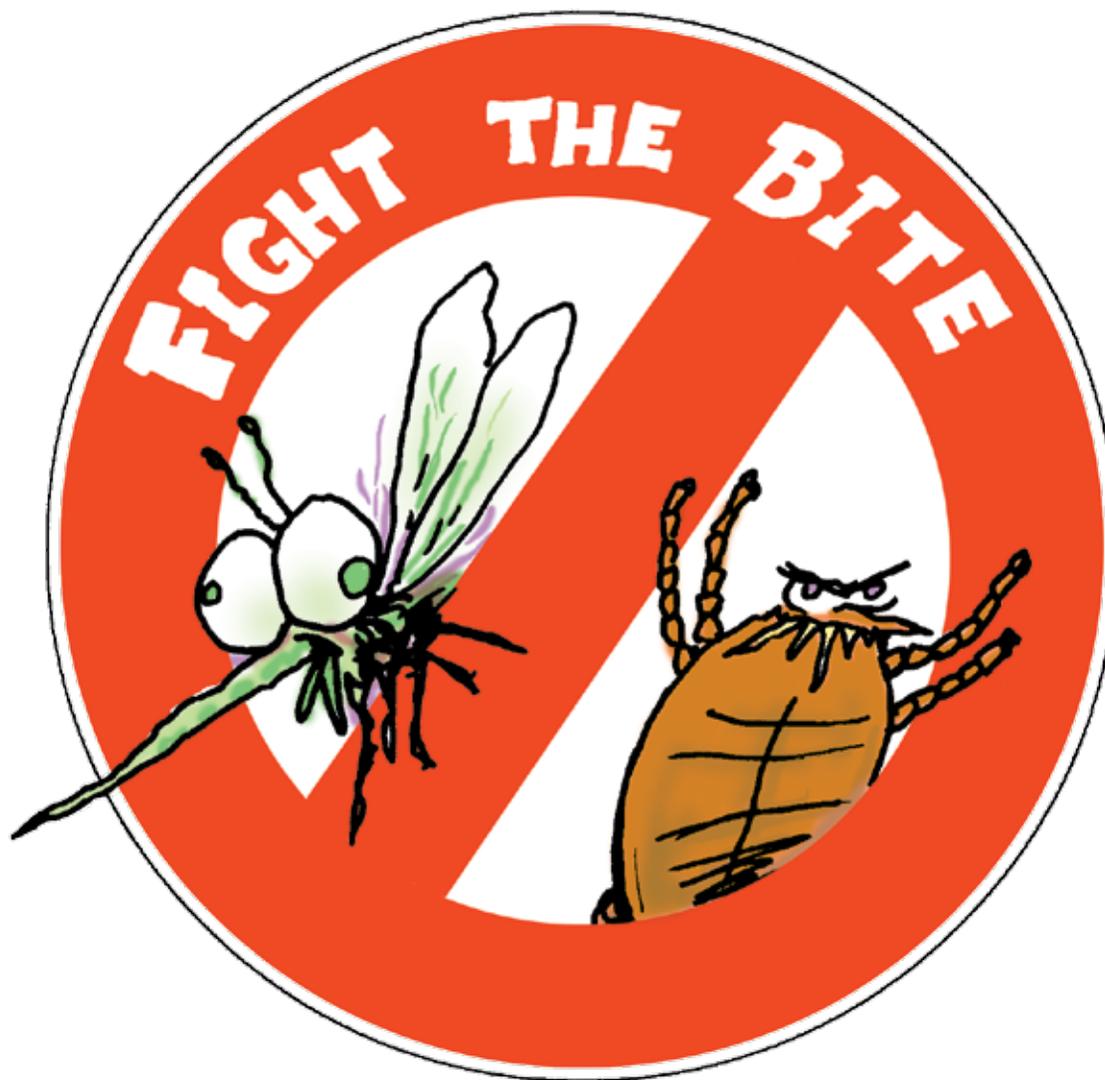
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31 **New Year's Eve**

Repellents containing DEET provide you with protection from mosquitoes, ticks and other biting insects.





Fairfax County Health Department, Disease Carrying Insects Program, Fairfax, Virginia  
703-246-8931 • TTY 711 • [www.fairfaxcounty.gov/fightthebite](http://www.fairfaxcounty.gov/fightthebite) • [fightthebite@fairfaxcounty.gov](mailto:fightthebite@fairfaxcounty.gov)



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