2016-2017

Fairfax County Health Department • Visit our Web page at **www.fairfaxcounty.gov/fightthebite** • **fightthebite@fairfaxcounty.gov**

Tips for Keeping Mosquitoes and Ticks Out of Your Yard

Reducing mosquito habitats around your home limits where mosquitoes can breed!

- Eliminate standing water on a weekly basis to get rid of mosquitoes before they start flying and biting!
- If you can't empty out the standing water, use a larvicide*.
- Organize a neighborhood clean-up.

Practice tick-safe landscaping!

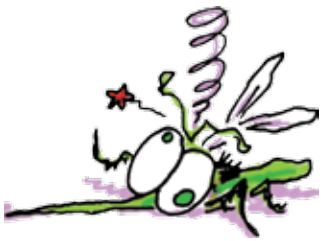
- Create sunny, dry areas where ticks cannot survive.
- Mow regularly and get rid of leaf litter in wooded areas.

If mosquitoes are already biting or you have ticks in your yard, pesticides* can be used to control them.

- While effective, these pesticides are not specific for just mosquitoes and ticks.
- The decision to use pesticides should be based on the homeowner's determination of risks vs. benefits of pesticide application.

**Always read and follow label instructions. Pesticides should be applied by an adult.*

For more detailed information, visit
http://www.fairfaxcounty.gov/FightTheBite.



This Calendar is copyrighted ©2016, all rights reserved. This publication is protected by federal copyright law, and permission to copy material must be obtained from the Fairfax County government.

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

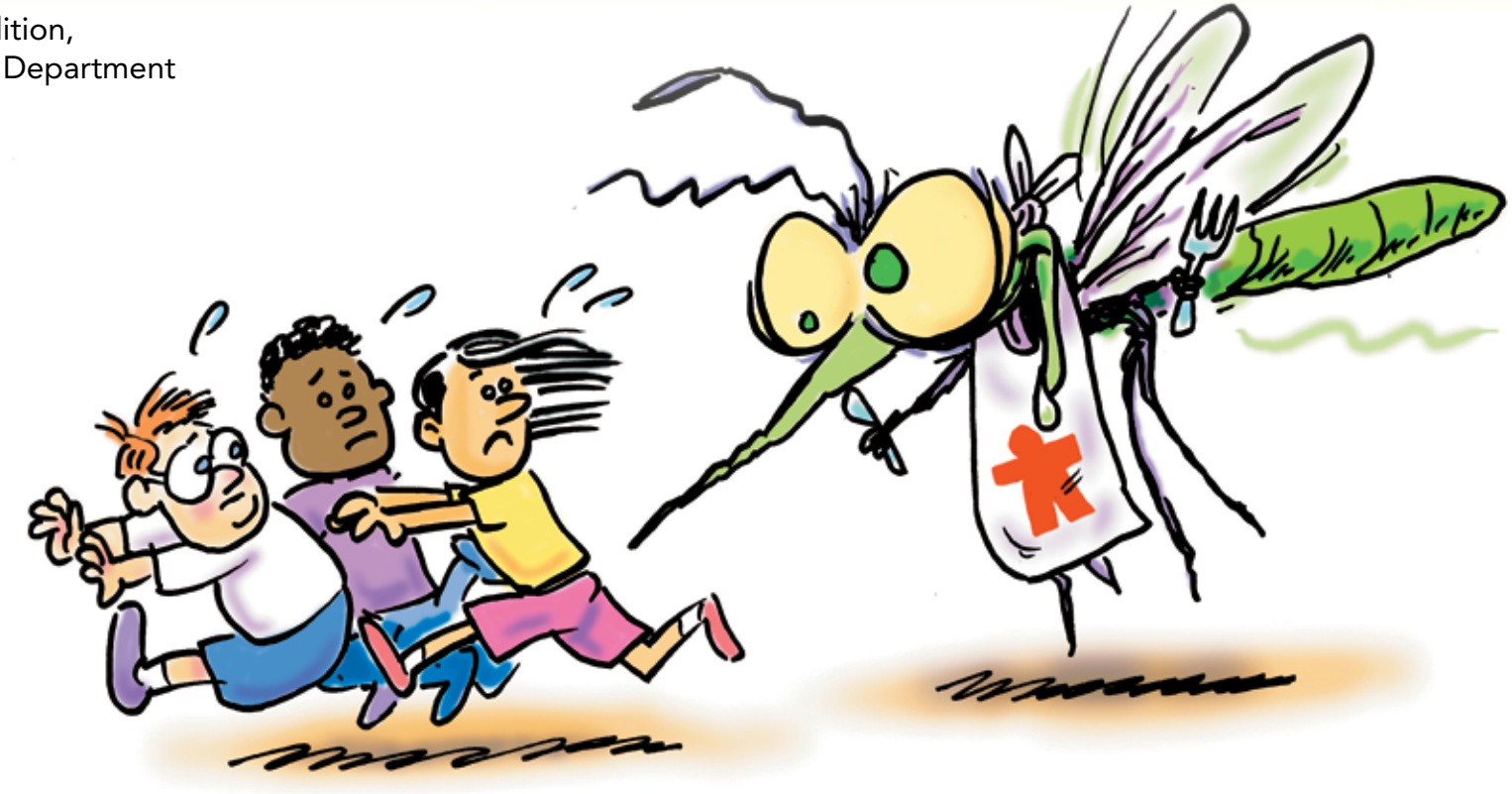
Dear Resident and Friend of Fairfax County,

The Fairfax County Health Department works to protect, promote and improve overall health and quality of life and encourages residents to help transform our community into a place where everyone may lead healthier, more productive lives. Incorporating small changes can make a big impact in improving the health of your family and the community.

The educational messages in this calendar provide you with practical ways to protect yourself, your family and your 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. Additionally, you will find tips about ways to help keep another pest of public health importance, the cockroach, out of your home.

Please take the time to educate yourself with the information provided here and remember, A Healthier Community Begins with You!

We hope you enjoy this edition,
The Fairfax County Health Department



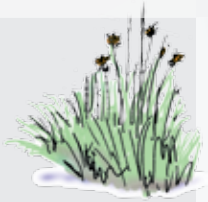
Design and layout by
Allen Wayne, Ltd.

DEET
GET A PERFECT SCORE AGAINST TICKS!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

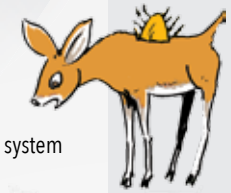
Health Department staff are happy to help you evaluate your yard for mosquito breeding sites. Please contact us via phone at (703) 246-8931 or via e-mail at fightthebite@fairfaxcounty.gov. You can also visit our Web page at **www.fairfaxcounty.gov/fightthebite** to view our "Breeding Site Check List".

Promptly remove any attached tick.

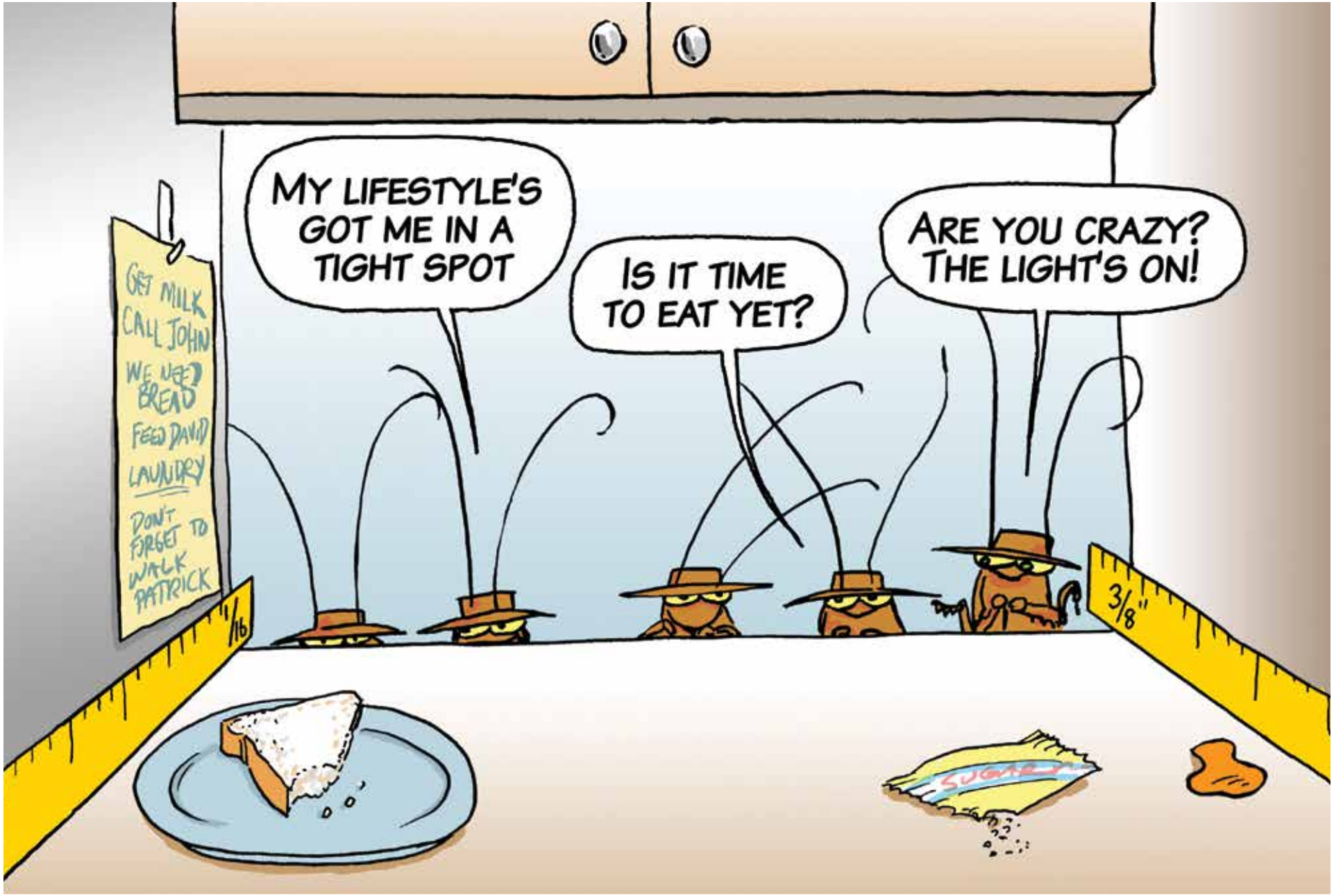


Treat your yard with products that kill mosquitoes and ticks. Always follow label instructions!

Always read and follow label instructions when using repellents.

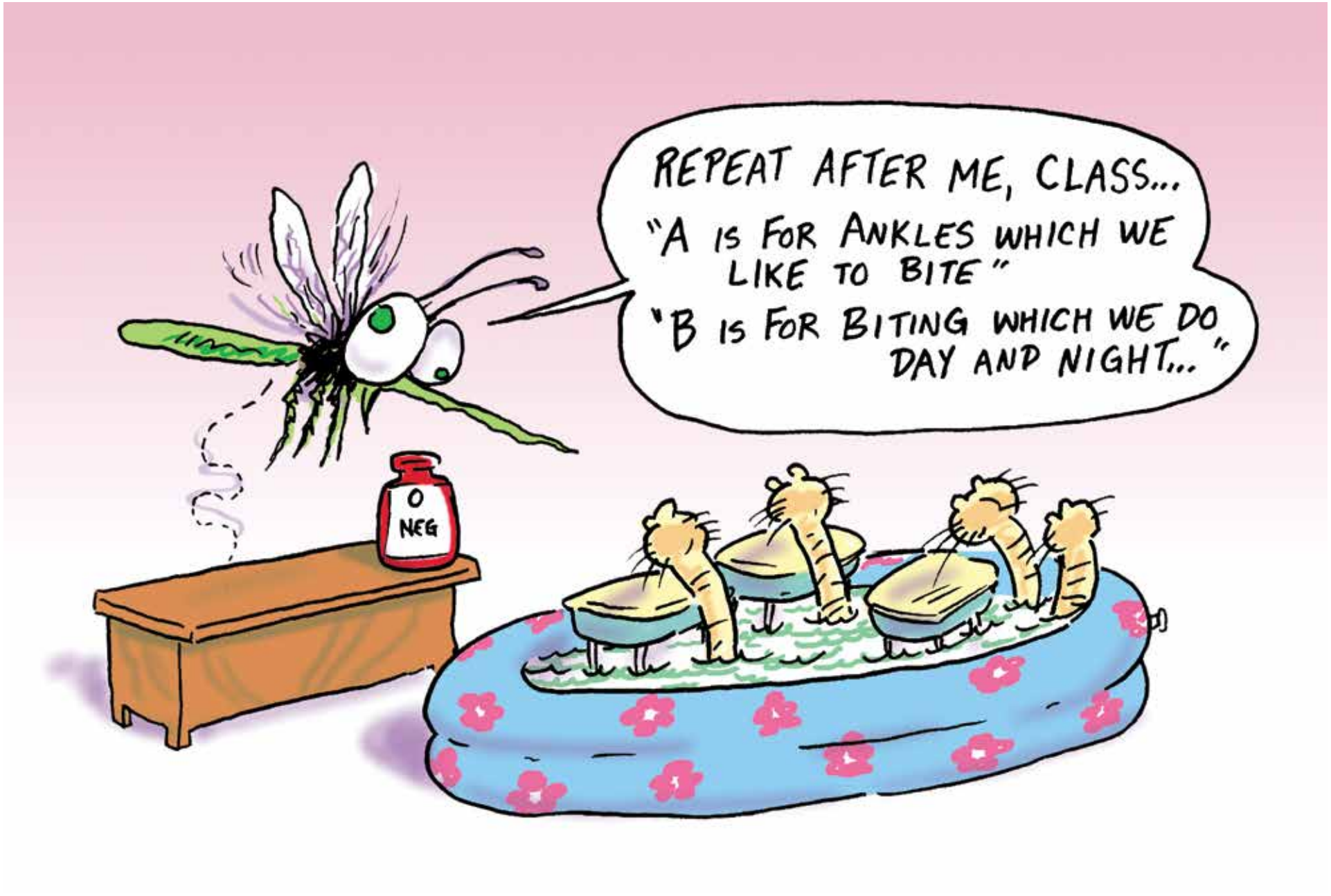


Deer are the metro system for ticks.

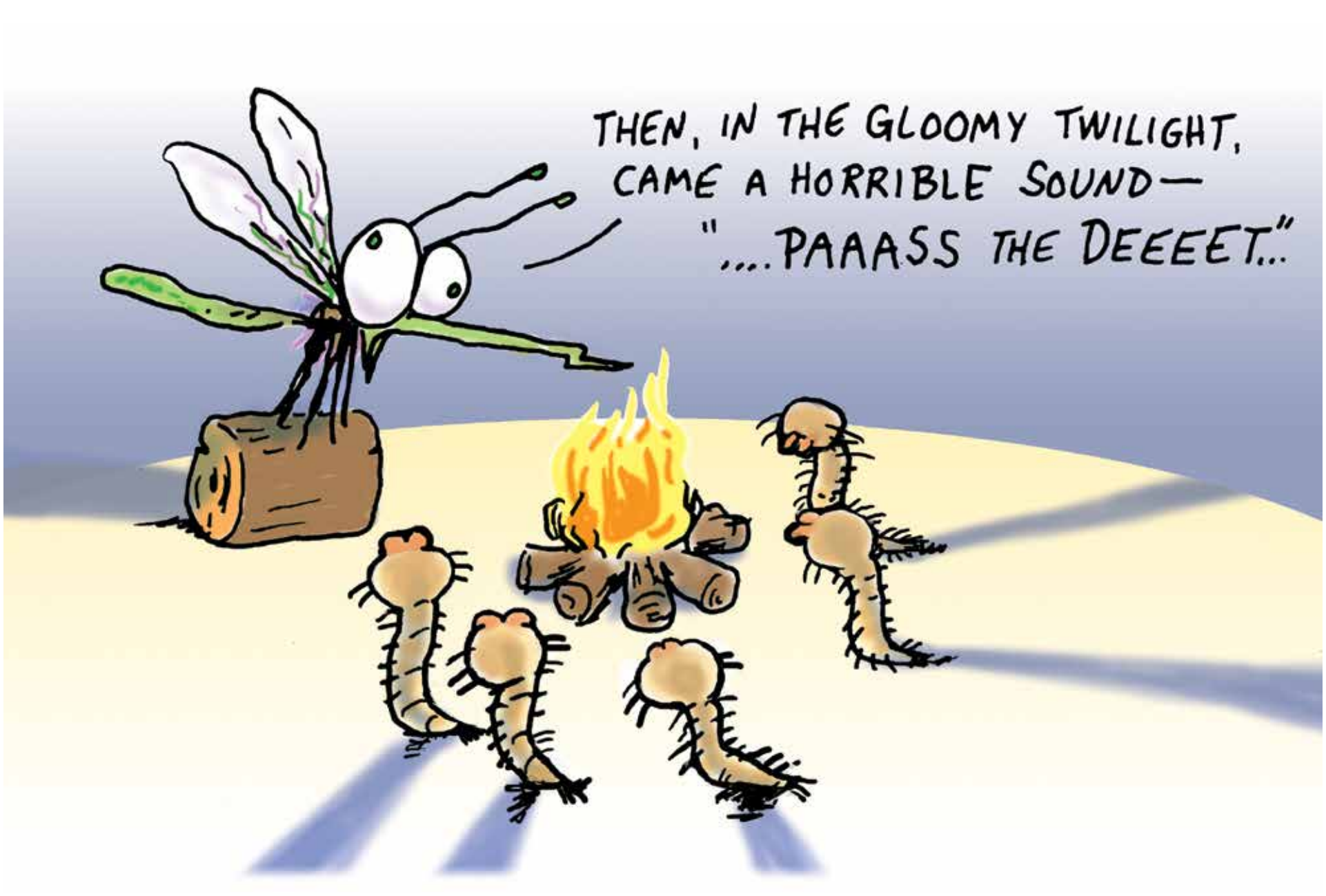


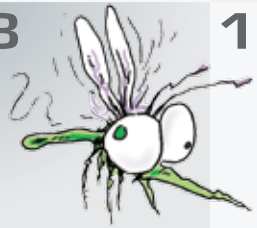
Keep cockroaches out! Seal cracks and crevices!

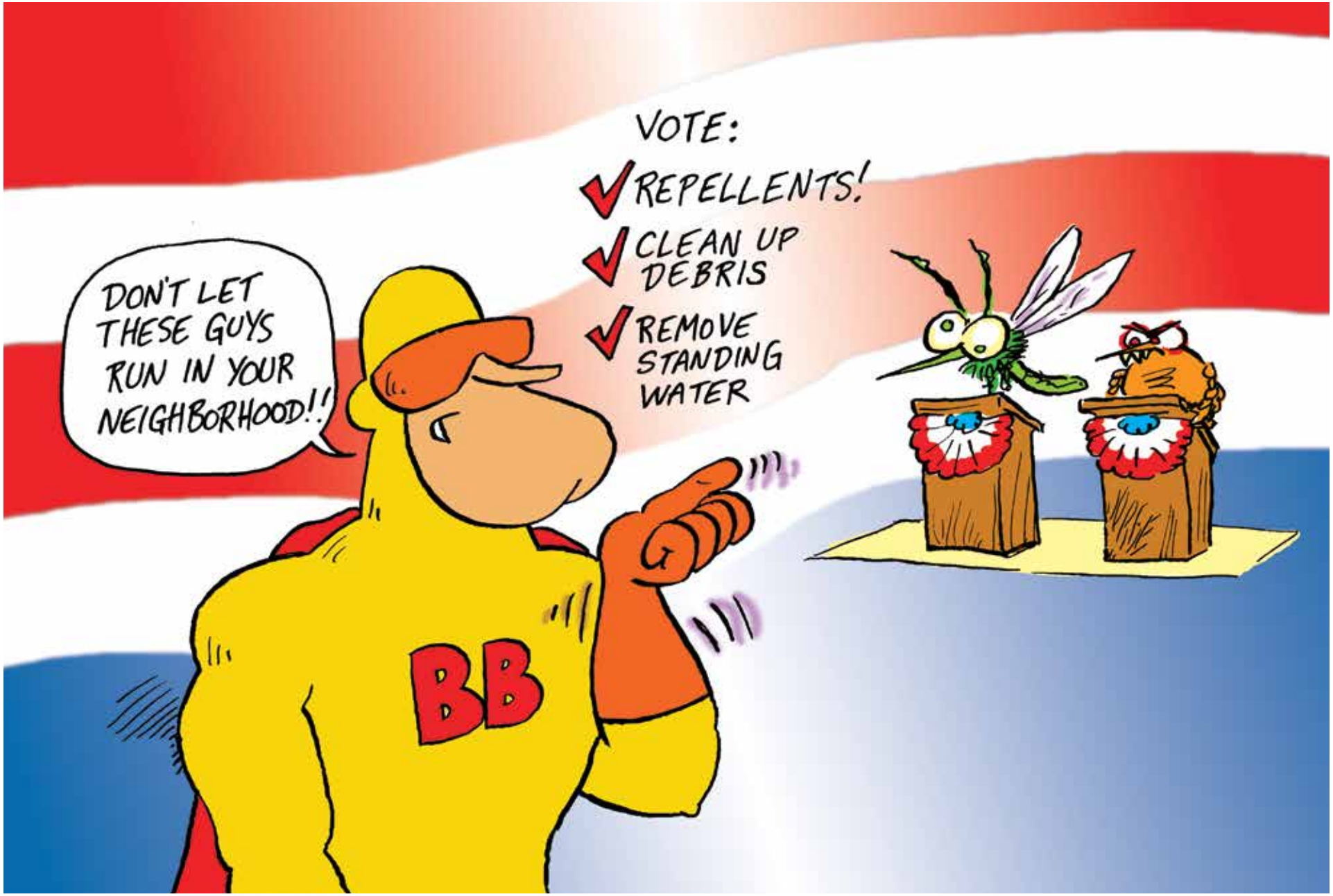
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Cockroaches gather where water and food are available.	5 	6
7 Keep your kitchen clean to keep cockroaches away. 	8	9	10	11	12	13
14	15	16	17 Cockroaches are most active at night.	18 	19	20
21	22	23	24	25	26	27 The German cockroach is typically found in the kitchen and bathroom.
28	29	30 There are around 4,000 species of cockroaches	31	Cockroach droppings, shed skins, antennae and legs can trigger allergic reactions and/or asthma attacks in susceptible individuals. Cockroaches can also transport germs like Salmonella on their body surfaces.		

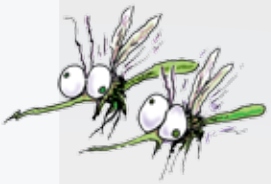

REPEAT AFTER ME, CLASS...
"A IS FOR ANKLES WHICH WE LIKE TO BITE"
"B IS FOR BITING WHICH WE DO DAY AND NIGHT..."
O NEG

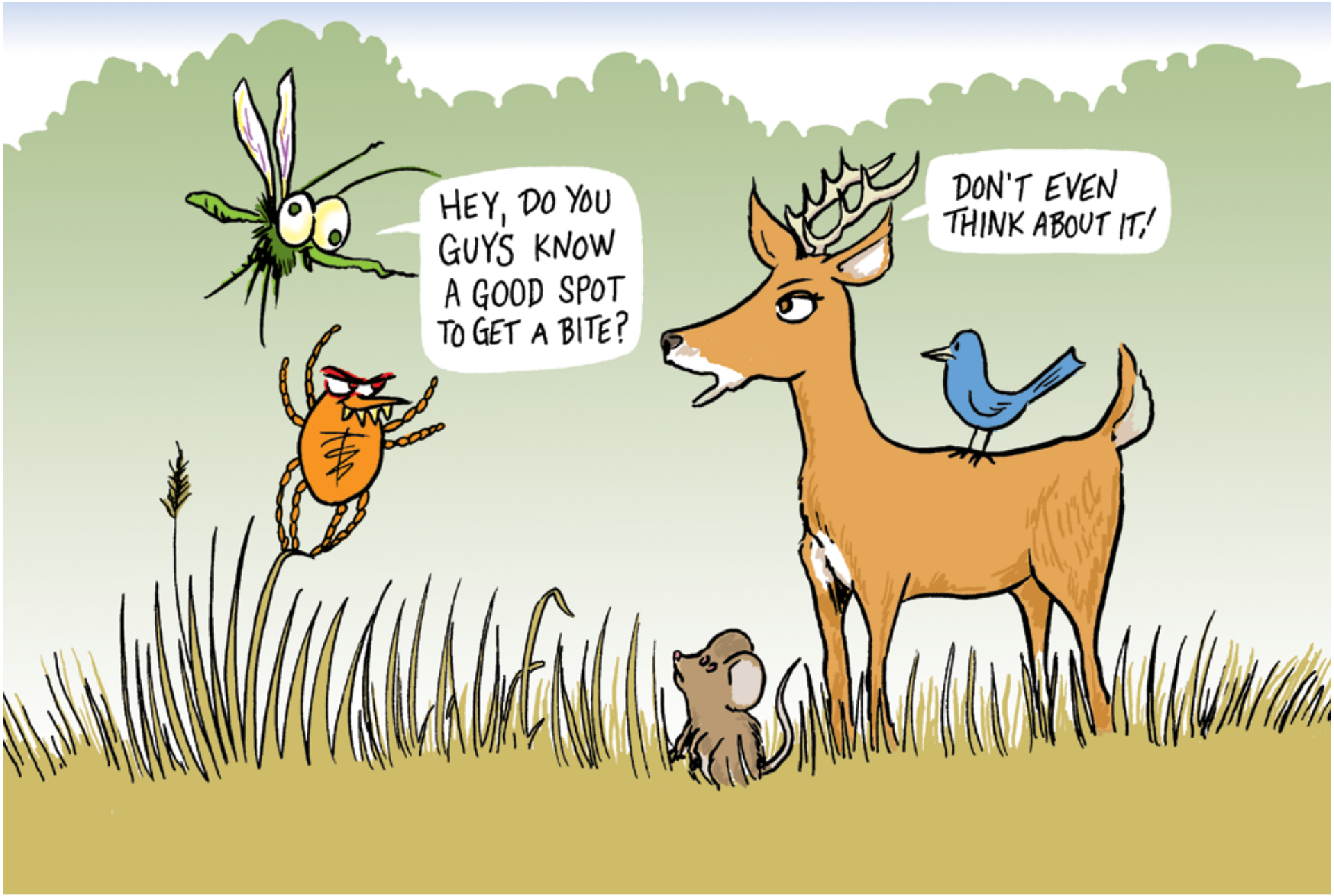
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mosquitoes bugging you? Be sure to check your yard every week for potential mosquito breeding sites and **Say NO to MO**squitoes.				1	2 Check your yard every week and eliminate standing water!	3
4	5 Labor Day	6 Do a tick check! Look for ticks after playing or working outdoors.	7	8	9	10
11	12	13	14	15 Mosquitoes can fly backwards, sideways and upside-down.	16	17
18 Around the world, mosquitoes are responsible for more human deaths than any other creature.	19	20	21	22 The First Day of Autumn (Autumnal Equinox)	23	24
25	26	27	28	29	30	


THEN, IN THE GLOOMY TWILIGHT,
CAME A HORRIBLE SOUND—
"....PAAASS THE DEEEET..."

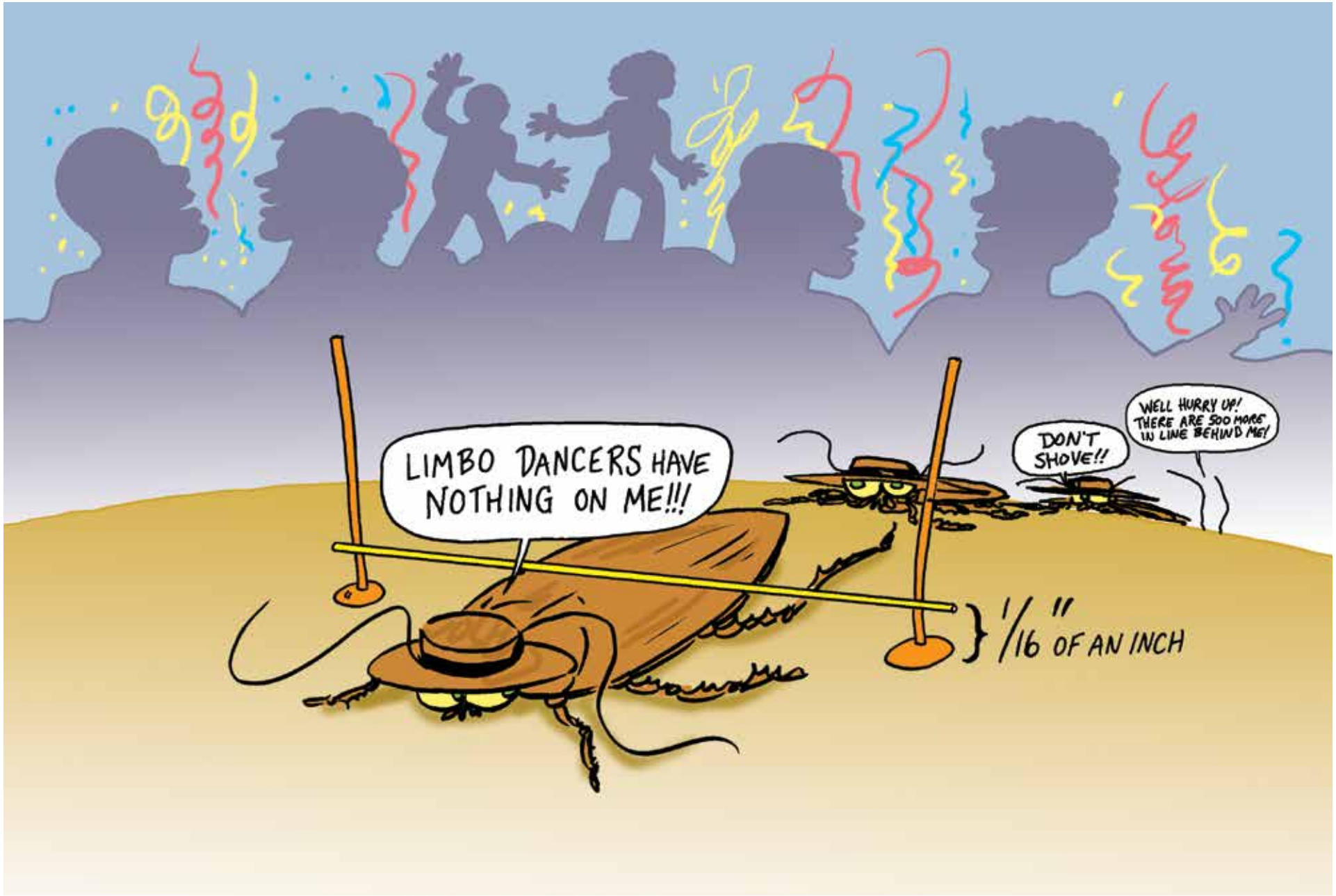
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Avoiding ticks and mosquitoes doesn't mean that kids have to stay inside in front of the TV. Get them outside and playing, but remember – a couple of seconds applying an effective repellent to exposed skin and clothing will help everyone stay healthy.					1 Don't let mosquitoes suck all the blood out of you.
2	3	4 Mosquitoes and ticks live in our parks.	5	6	7	8
9	10 Columbus Day	11	12	13  Only female mosquitoes bite.	14	15
16	17	18	19	20	21 Repellents don't kill mosquitoes – but fly swatters will!	22
23	24	25	26	27	28	29
A mosquito's wings can beat 500 times per second. 30	Halloween 31					

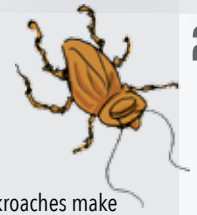

VOTE:
REPELLENTS!
CLEAN UP DEBRIS
REMOVE STANDING WATER
DON'T LET THESE GUYS RUN IN YOUR NEIGHBORHOOD!!
BB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Use repellent! DEET, Picaridin, Oil of Lemon Eucalyptus or IR3535 are all good choices. **Dress properly!** Wear long, loose and light-colored clothing during all outdoor activities.		1	2	3	4 Mosquitoes and ticks are blood-sucking parasites.	5 
6 **Daylight Saving Time Ends**	7 There were over 190 cases of Lyme disease reported in Fairfax County in 2015.	8 **Election Day**	9	10	11 **Veterans Day**	12
13	14	15	16	17 Play golf? Ticks are hiding in the rough.	18	19
20	21	22 Make your yard tick-free! Clear tall brush and grass around your home.	23	24 **Thanksgiving Day**	25	26
27	28	29	30			


HEY, DO YOU GUYS KNOW A GOOD SPOT TO GET A BITE?
DON'T EVEN THINK ABOUT IT!

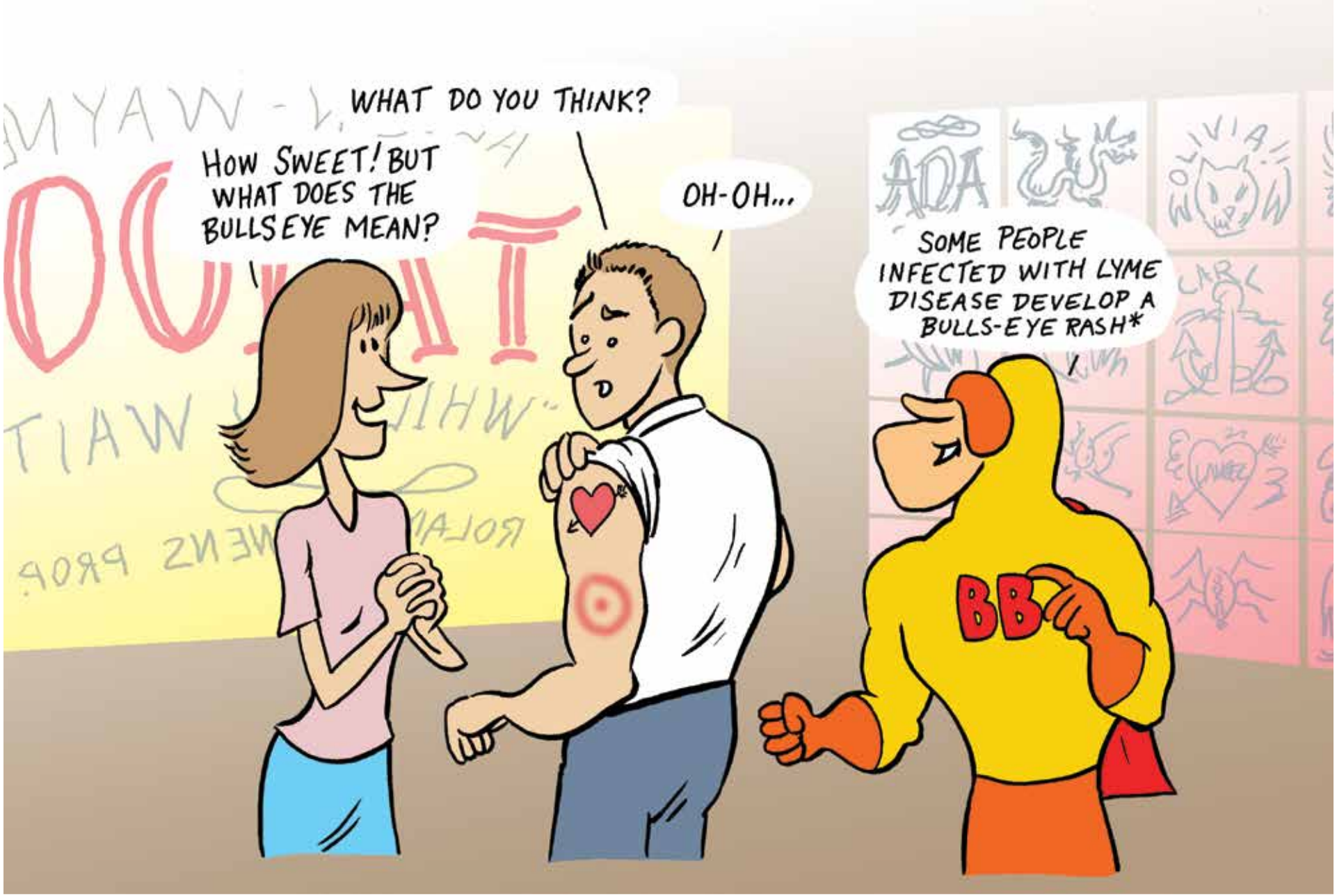
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dress to protect! Wear long, loose and light-colored clothing while outdoors so that you can spot ticks easily.				1	2	3 Remove ticks promptly to minimize your risk of disease.
4	5 One abandoned tire can produce thousands of mosquitoes!	6	7	8	9	10
11	12	13	14 There are over 800 species of ticks in the world.	15	16	17
18	19	20	21 **The First Day of Winter (Winter Solstice)**	22	23 Planning a vacation to a warm climate? Be sure to pack repellent.	24
25 **Christmas Day**	26 Ticks will come out on warm winter days. Don't let your guard down!	27	28	29	30	31 **New Year's Eve**


LIMBO DANCERS HAVE NOTHING ON ME!!!
DON'T SHOVE!!
WELL HURRY UP! THERE ARE 500 MORE IN LINE BEHIND ME!
1/16" OF AN INCH

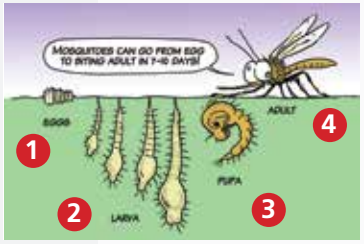
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year s Day	2 The cockroach egg case is called an ootheca.	3	4	5	6	7
8	9	10	11 A German cockroach can lay 300-400 eggs during its lifetime.	12	13	14
15	16	17	18 Martin Luther King, Jr. Day	19	20	21 Outside the home cockroaches are beneficial decomposers.
22  Some cockroaches make noise by hissing, chirping or tapping.	23	24	25	26	27	28
29	30	31 Cockroaches like warm, dark, moist environments.				

How to control cockroaches:

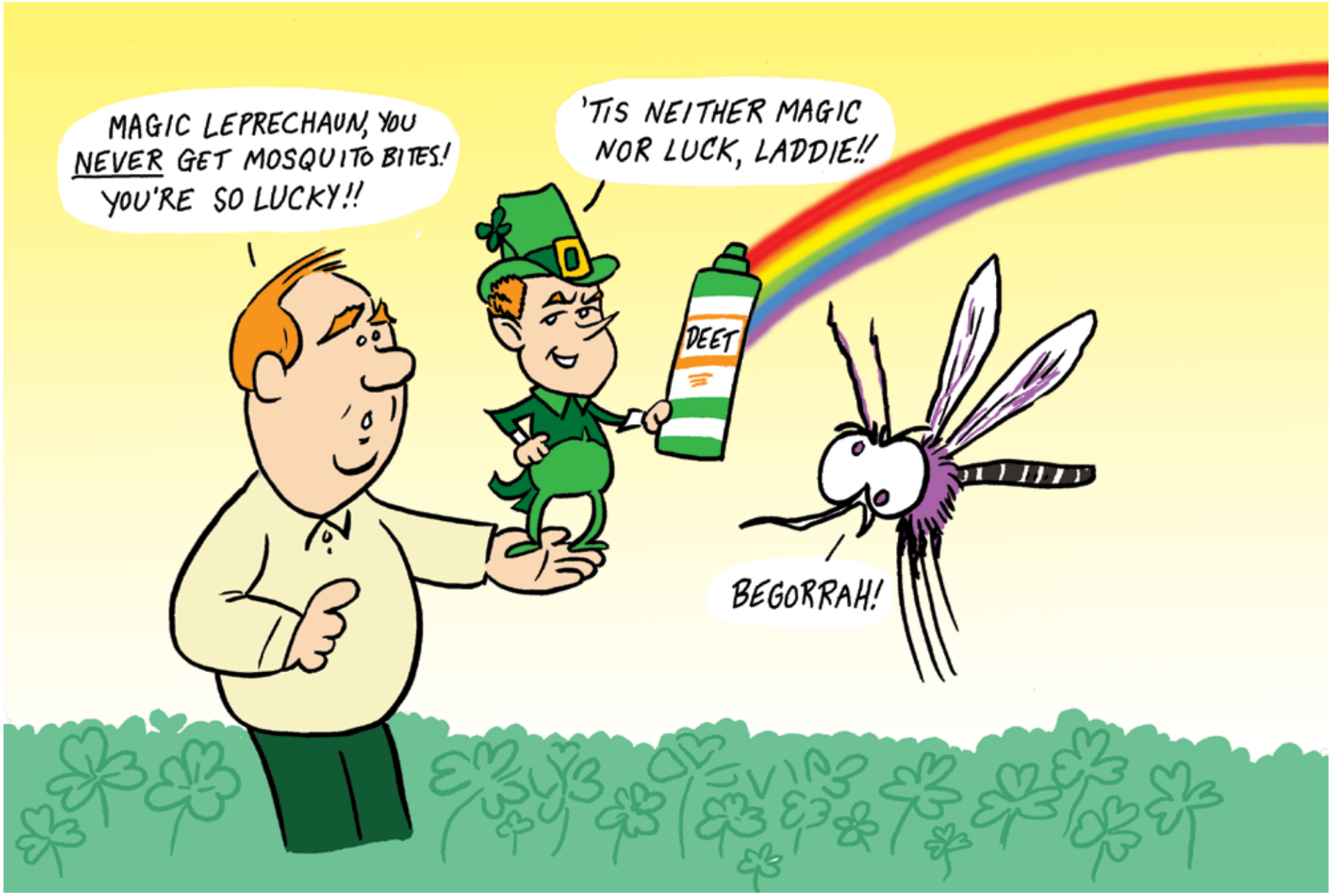
1. **Exclude:** Seal cracks, gaps and holes; keep windows and doors shut.
2. **Eliminate Water Sources:** Repair plumbing leaks and clean up spills.
3. **Eliminate Food Sources:** Clean dishes and food preparation surfaces regularly and store food in sealed containers.
4. **Eliminate Harborage:** Reduce clutter and remove hiding places like stacks of newspapers, cardboard and bags.
5. **Chemical Control:** Homeowner and professional pest control options are available. When applying any pesticide, be sure to read and follow product label instructions.



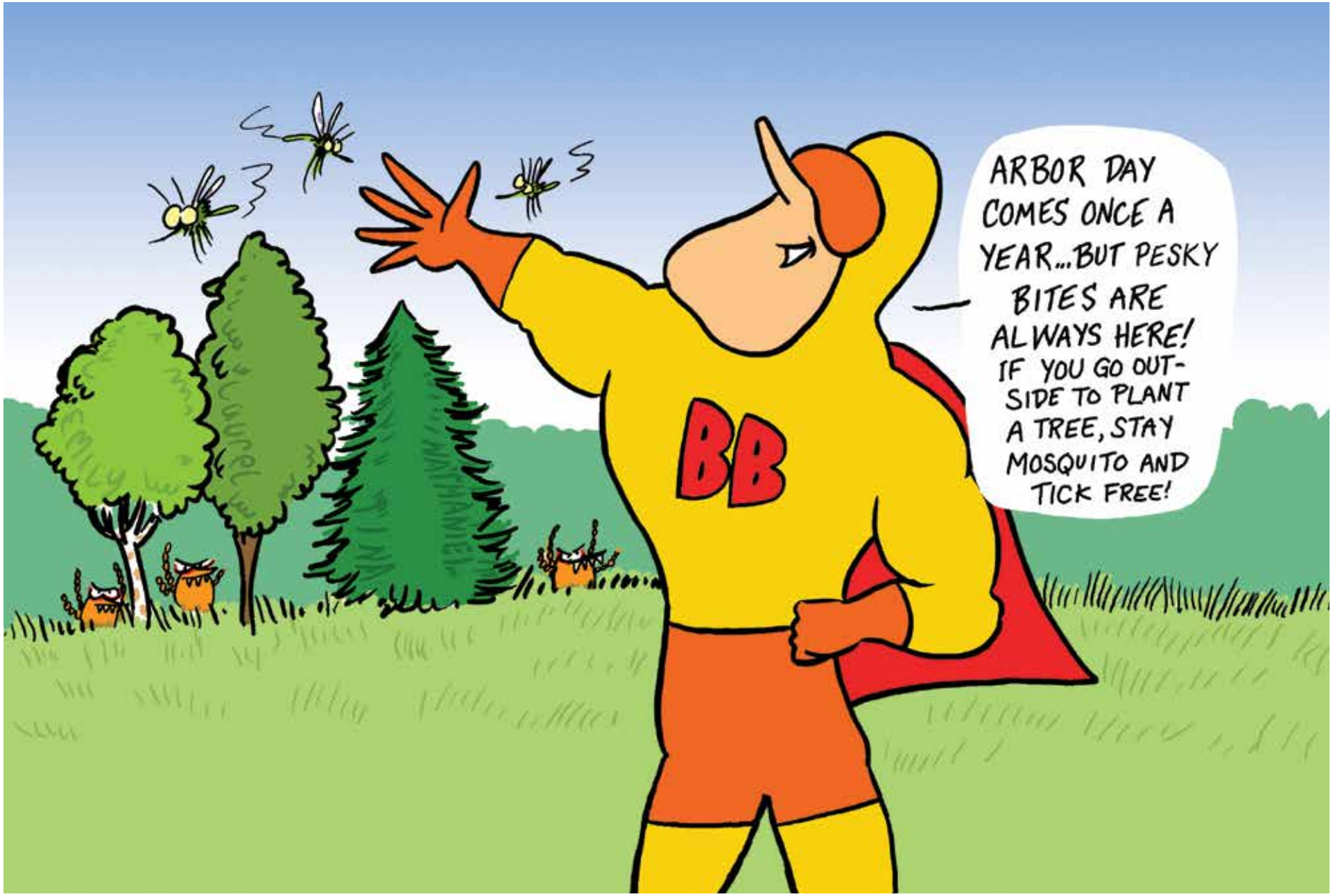
***Consult your physician if you have concerns about tick-borne illnesses.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mosquito Life Cycle There are four stages in the life of a mosquito: egg, larva, pupa and adult.			1	2 Groundhog Day	3 Mosquitoes can transmit heartworm to dogs.	4
5	6 Male mosquitoes find females by the sound and pitch of their wings beating.	7	8	9	10	11
12	13	14 Valentine's Day 	15	16 A female mosquito may lay eggs three or four times during her lifetime.	17	18
19	20 Presidents' Day	21	22	23	24	25
26 Female mosquitoes lay 200-300 eggs each time.	27	28				

1. Mosquitoes 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.


MAGIC LEPRECHAUN, YOU NEVER GET MOSQUITO BITES! YOU'RE SO LUCKY!!
'TIS NEITHER MAGIC NOR LUCK, LADDIE!!
DEET
BEGORRAH!

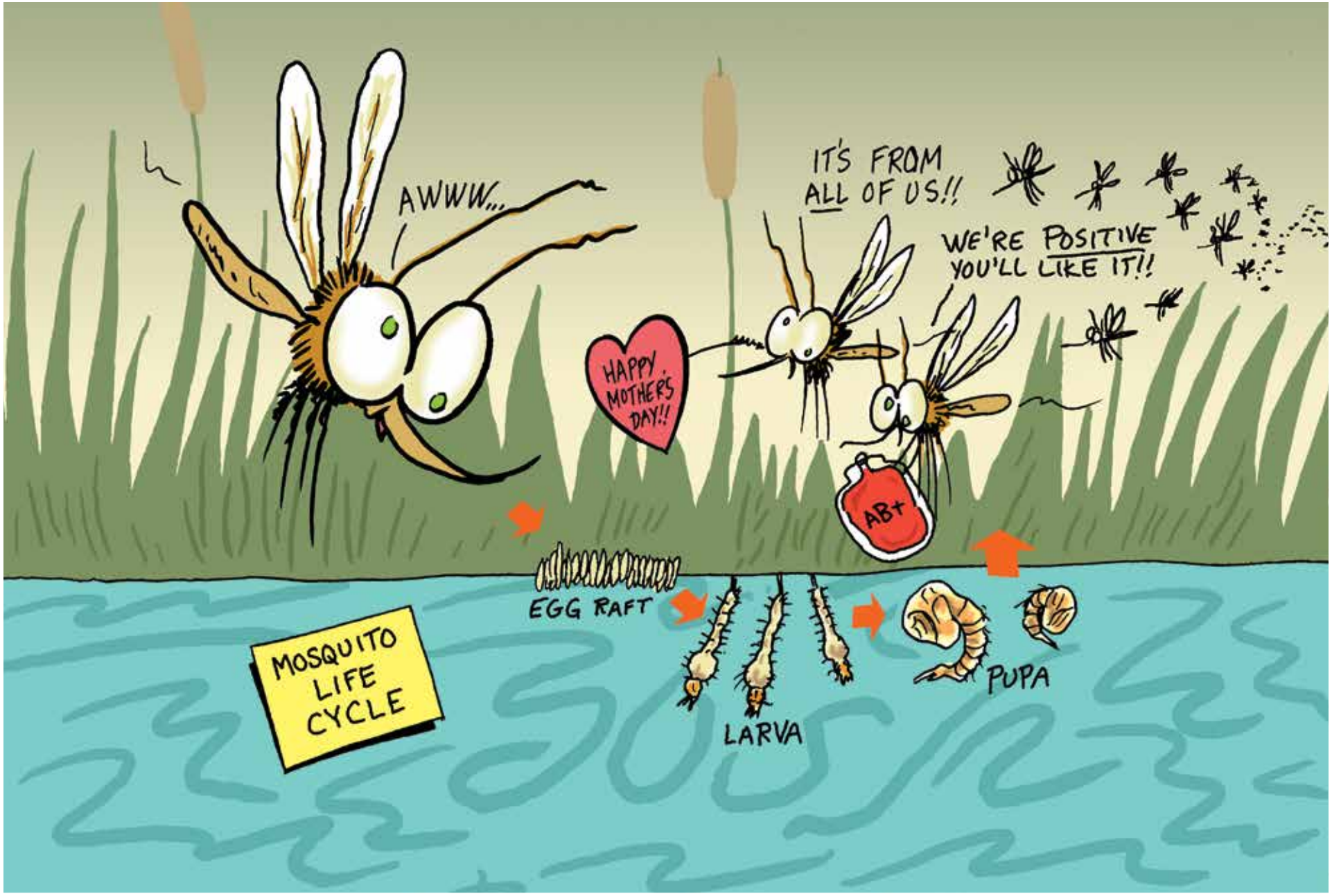
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Corrugated drain pipes used as downspout extensions, even if underground, are an important breeding site for mosquitoes. Make sure the pipes are placed so they do not hold water. If above ground, replace with an alternative or empty the pipes once a week. Otherwise, apply a larvicide to the inside of the pipe to prevent mosquitoes from breeding. Reapply the larvicide according to label instructions. Secure the larvicide inside the pipe to prevent it from being washed away.			1	2 Mosquito larvae are immature mosquitoes that live in water.	3	4
5	6	7	8	9	10 The life span of a female mosquito ranges from 3 to 100 days!	11
12 **Daylight Saving Time Begins**	13	14	15 Mosquitoes develop from egg to adult in as little as one week.	16	17 **St. Patrick's Day**	18
19 There were over 2,000 cases of West Nile virus in the U.S. in 2015	20 **The First Day of Spring (Spring Equinox)**	21	22	23	24	25
26	27	28	29	30	31	


ARBOR DAY COMES ONCE A YEAR...BUT PESKY BITES ARE ALWAYS HERE! IF YOU GO OUTSIDE TO PLANT A TREE, STAY MOSQUITO AND TICK FREE!
BB

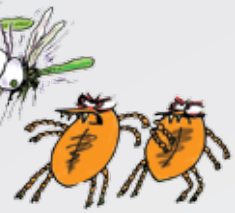
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Recycle old tires: call (703) 324-5230 for more information.
2 Vaccinate your dog against Lyme disease.	3	4	5	6	7	8
9	10	11	12	13 Wear repellent to keep biting insects away.	14	15
16	17	18 Did you know that ticks cannot fly or jump?	19	20	21	22
23	24	25	26	27	28 Got a bull's eye rash? See a physician.	29
30						

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** or contact us via email at **fightthebite@fairfaxcounty.gov**.

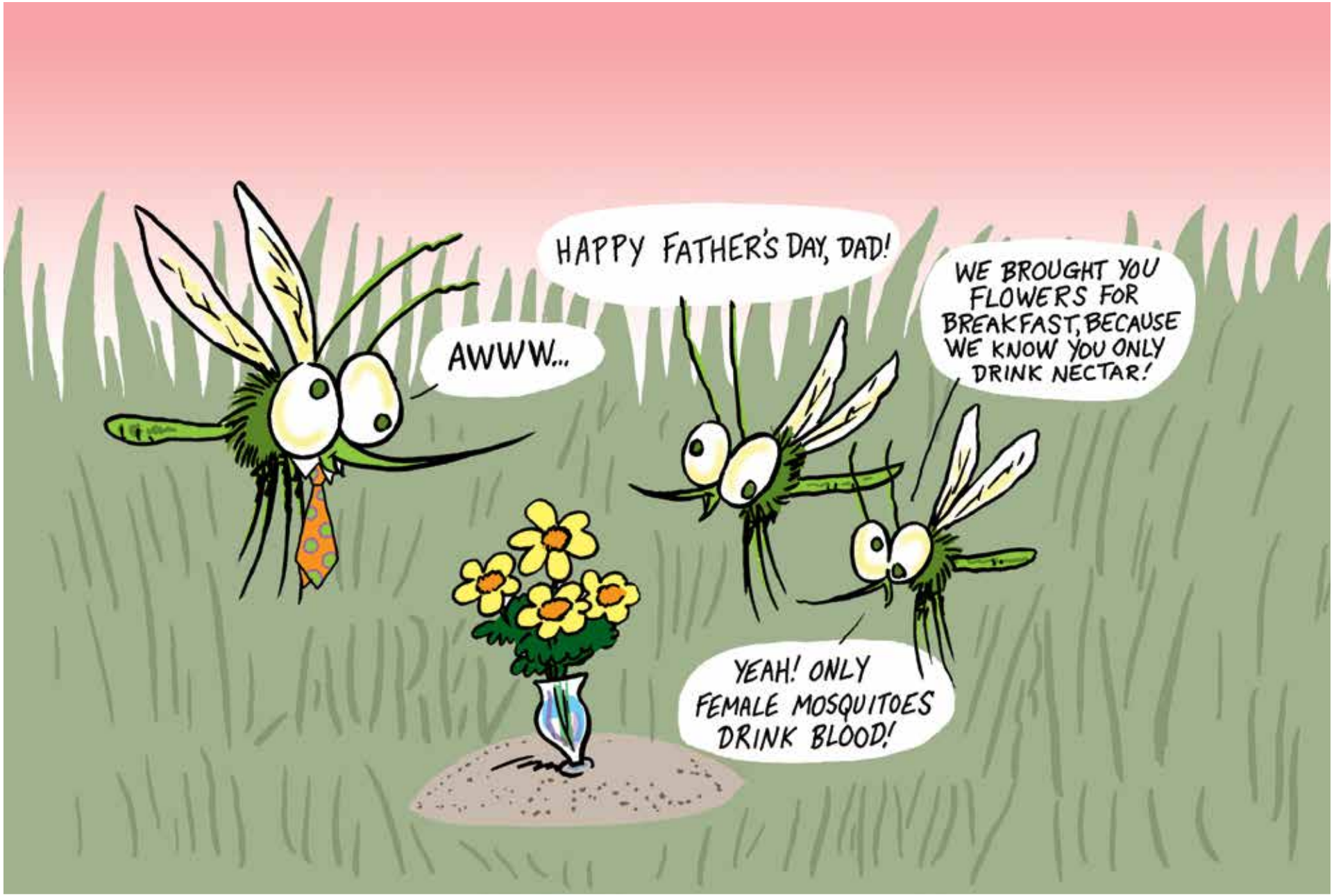
National Public Health Week



Mosquitoes can go from egg to adult in as little as one week!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY IS LYME DISEASE AWARENESS MONTH!	1	2 Mosquito and tick season is here!	3 	4	5	6
7	8	9	10	11	12	13 Buy Mom some flowers and DEET.
14 **Mothers' Day**	15	16	17	18 DEET repels ticks and mosquitoes!	19	20
21	22 Black-legged (deer) ticks transmit the bacteria that causes Lyme disease.	23	24	25	26	27
28	29 **Memorial Day**	30 Deer tick nymphs are the size of a freckle.	31			

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, dizziness and joint pain. **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.


AWWW...
HAPPY FATHER'S DAY, DAD!
WE BROUGHT YOU FLOWERS FOR BREAKFAST, BECAUSE WE KNOW YOU ONLY DRINK NECTAR!
YEAH! ONLY FEMALE MOSQUITOES DRINK BLOOD!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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.			1 Don't get sick from the bite of a tick!	2	3
4	5	6 Stick to the center of trails when walking in wooded areas.	7	8	9	10
11	12	13	14	15	16	17 Buy Dad something he'll wear – insect repellent!
18 **Fathers' Day**	19 Don't let children apply repellent by themselves.	20	21 **The First Day of Summer (Summer Solstice)**	22	23	24
25	26	27	28	29	30 Visit www.fairfaxcounty.gov/fightthebite for information on how to control mosquitoes around your home.	

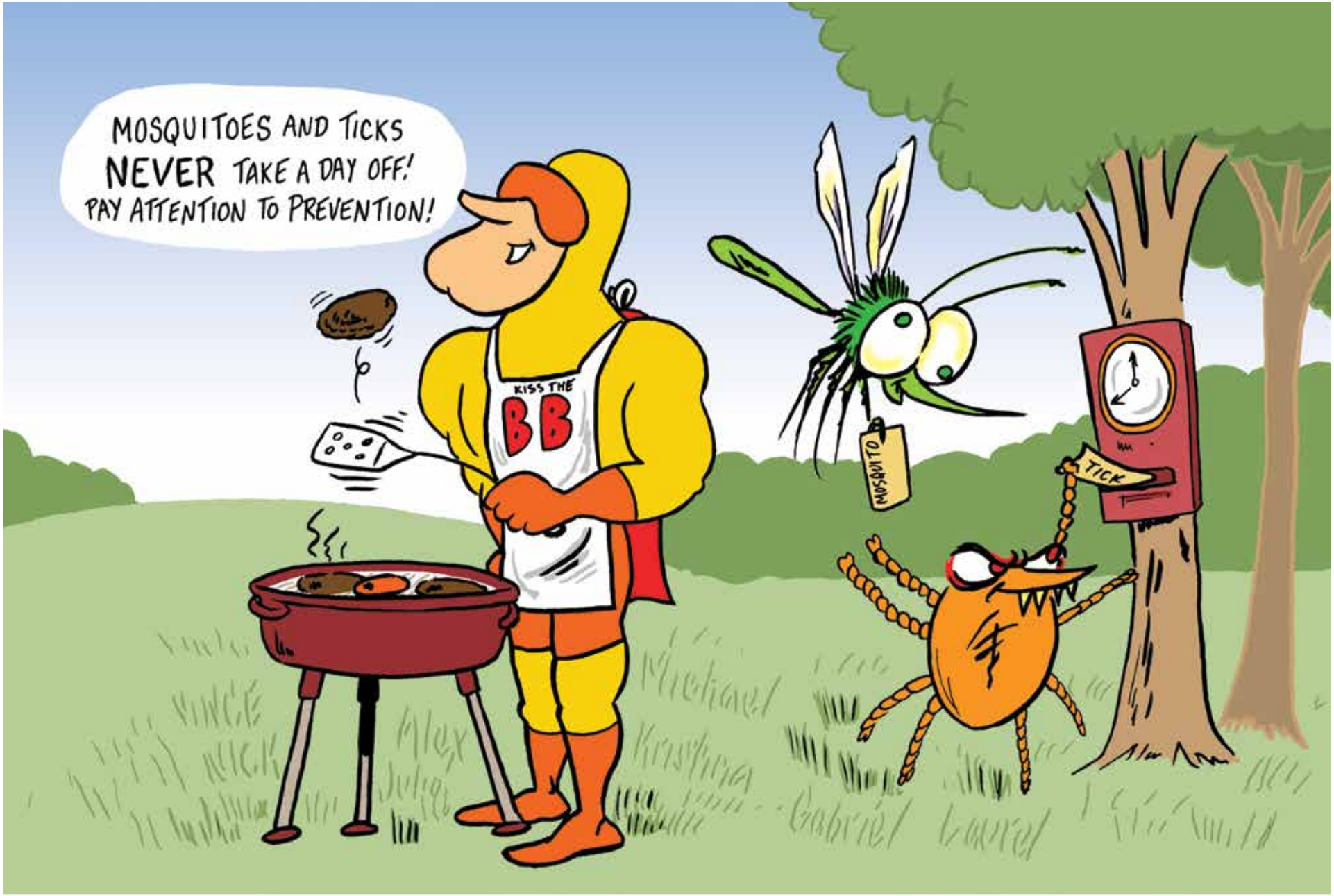
National Mosquito Control Awareness Week

July 2017

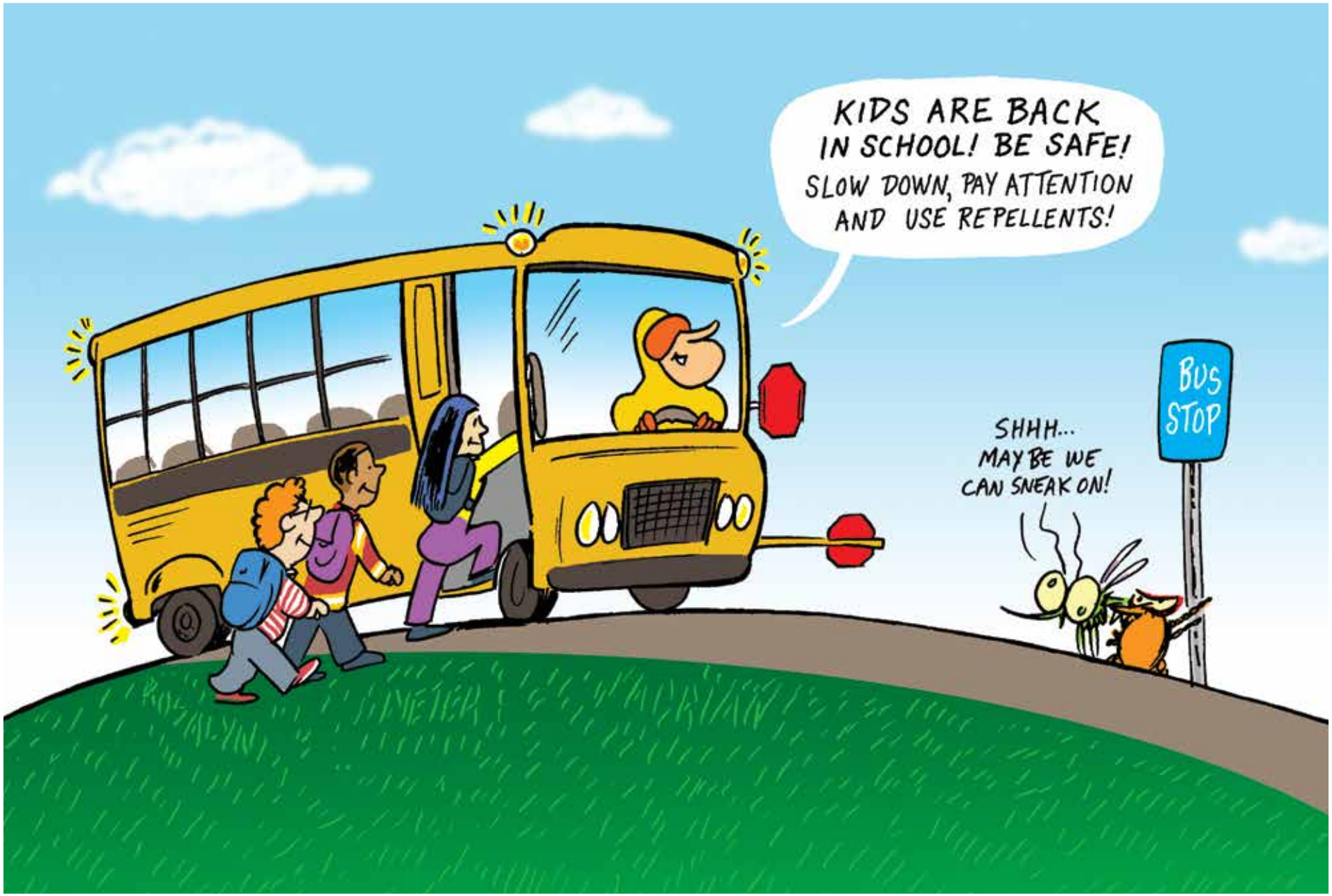
A healthier community begins with you

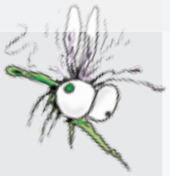
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Don't let mosquitoes take a bite out of you! Use an effective repellent (DEET, Picaridin, Oil of Lemon Eucalyptus or IR3535) to avoid being a mosquito or tick's lunch.					1 Don't let mosquitoes bug you! Use repellent.
2	3	4 Independence Day	5	6 Female mosquitoes lay eggs on standing water.	7	8
9	10	11	12	13	14	15 The Asian tiger mosquito likes to feed during the daytime.
16	17	18 A larvicide can be used to kill mosquito larvae.	19	20 	21	22
23 See your physician if you think you have West Nile or Lyme disease.	24	25	26	27	28	29
30	31					

Fairfax County Health Department • Visit our Web page at www.fairfaxcounty.gov/fightthebite • fightthebite@fairfaxcounty.gov


MOSQUITOES AND TICKS
NEVER TAKE A DAY OFF!
PAY ATTENTION TO PREVENTION!
KISS THE
BB
MOSQUITO
TICK

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.	1	2	3 People over 50 are at higher risk to get severe illness from WNV.	4 	5	
6	7 Wear repellent and Fight the Bite!	8	9	10	11	12
13	14	15	16	17	18	19 WNV transmission to humans is generally higher this month.
20	21	22	23 Being outside means you're at risk for WNV.	24	25	26
27	28	29	30	31	**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.	


KIDS ARE BACK IN SCHOOL! BE SAFE!
SLOW DOWN, PAY ATTENTION AND USE REPELLENTS!
SHHH... MAYBE WE CAN SNEAK ON!
BUS STOP

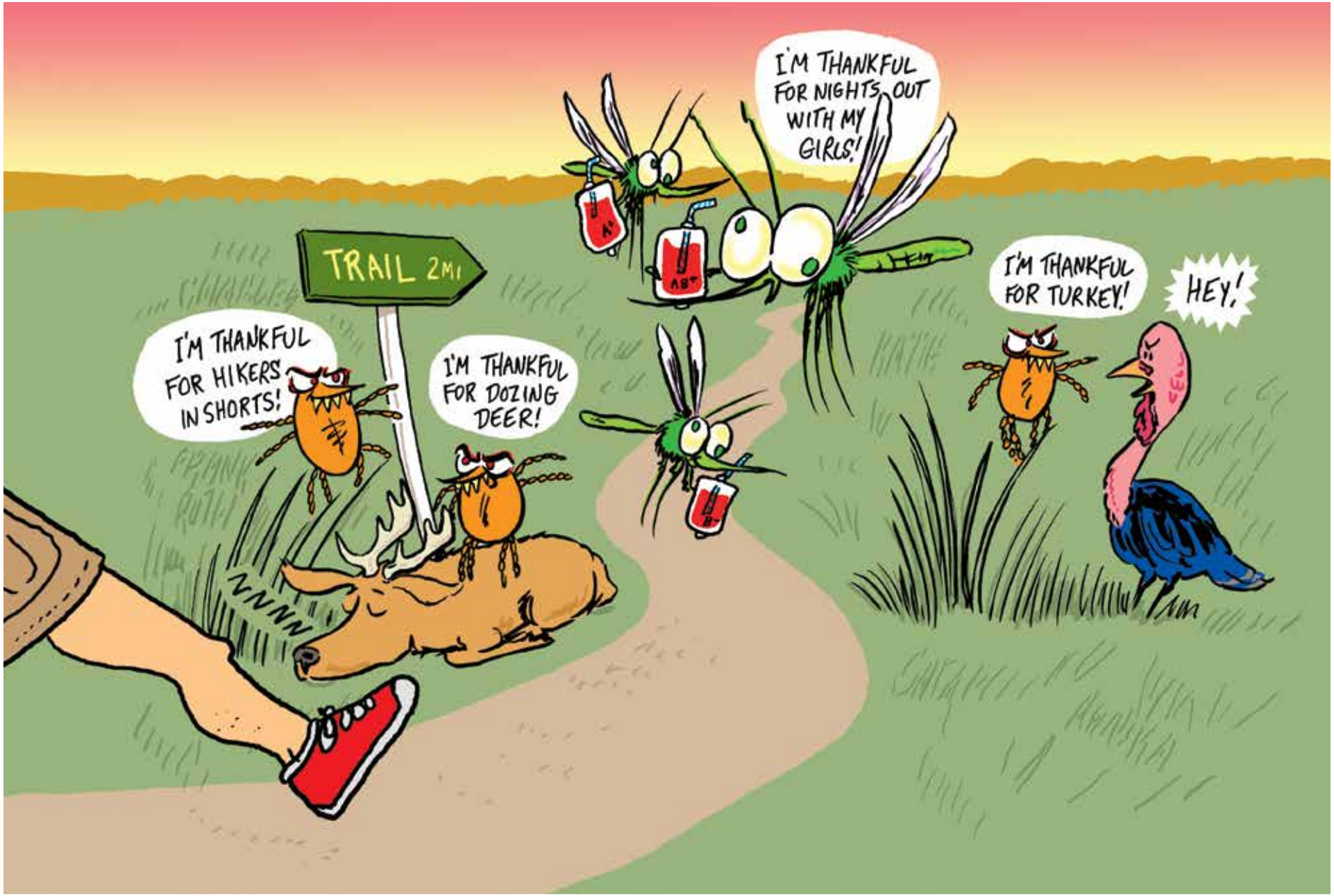
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Asian tiger mosquito can breed in small containers that hold water outside your home. Check for standing water in buckets, watering cans, old tires, bird baths, potted plants with saucers, children's toys, tarps and other items that could hold water. Use a larvicide in places where you cannot tip or toss standing water. Look for products containing Bti (*Bacillus thuringiensis* var. *israelensis*) in your hardware store or garden center. Bti is a naturally occurring bacteria that will not harm your kids and/or pets.					1 A single mosquito weighs about 2.5 mg.	2
3  Mosquitoes can smell your breath (carbon dioxide) up to 120 feet away!	4 **Labor Day**	5	6	7	8	9
10	11	12	13	14 Crane flies look like BIG mosquitoes but don't bite.	15	16
17	18	19 Adult deer ticks are the size of a sesame seed.	20	21	22 **The First Day of Autumn (Autumnal Equinox)**	23
24	25	26	27 Check yourself for ticks after working or playing outside.	28	29	30 **Eliminate Standing Water!**

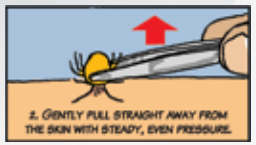
RUN!
WHY? ZOMBIES? GHOSTS? WEREWOLVES?
WORSE!! BLOOD-SUCKING MOSQUITOES!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 **Columbus Day**	10 Warm fall days are enjoyed by mosquitoes and ticks. Use repellent!	11	12	13	14
15	16	17	18	19	20	21 Rake, remove or compost leaves, but don't forget repellent!
22 Got a bull's eye rash? See a physician.	23	24	25	26	27	28
29	30	31 **Halloween**				

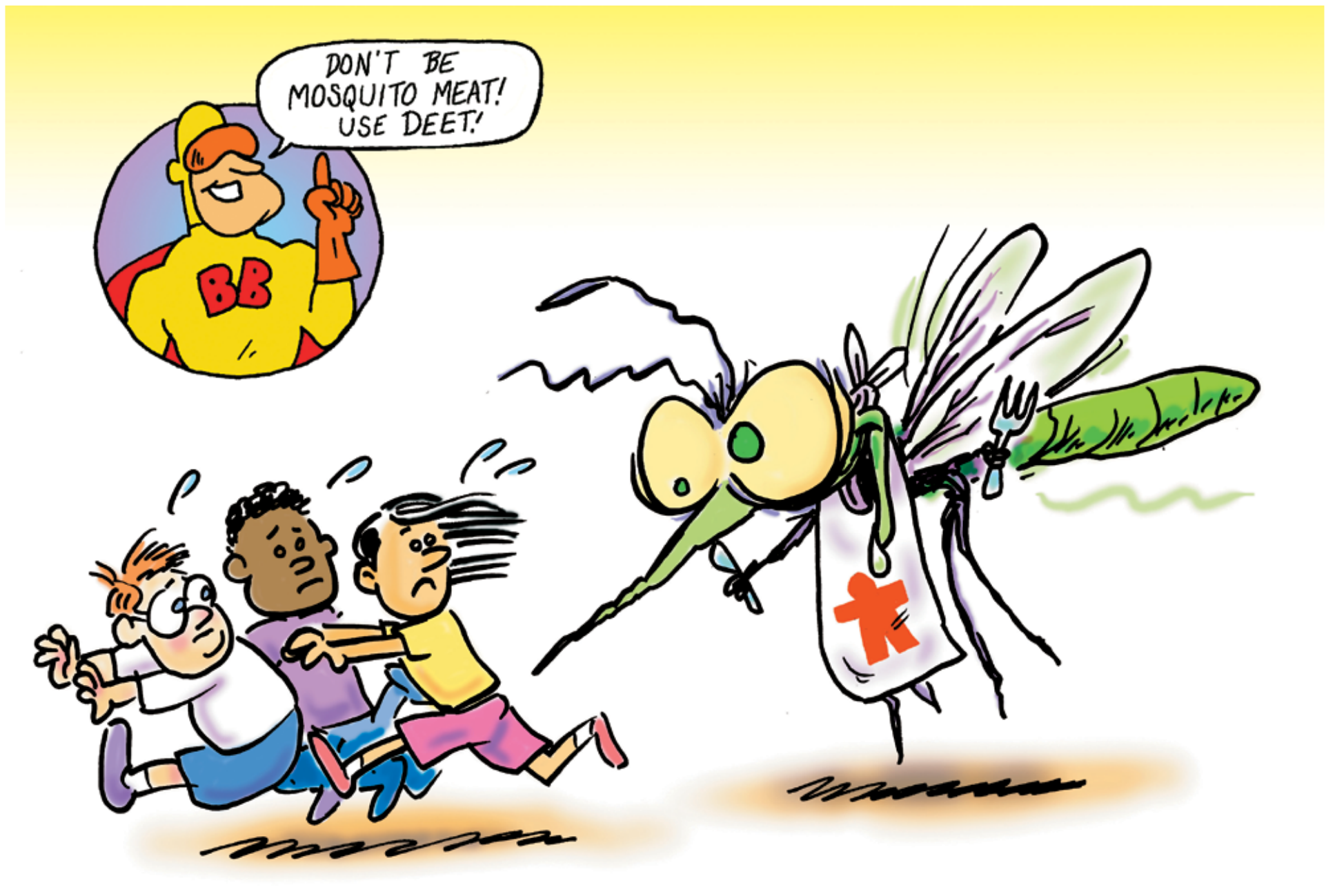
Choose the repellent that's right for you!

	Active Ingredient			
	DEET	Picaridin	Oil of Lemon Eucalyptus	IR3535
Effective Against Mosquitoes	✓	✓	✓	✓
Effective Against Ticks	✓	?	?	?

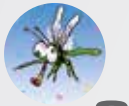
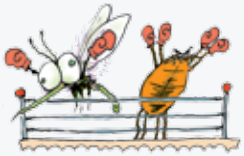

TRAIL 2MI
I'M THANKFUL FOR HIKERS IN SHORTS!
I'M THANKFUL FOR DOZING DEER!
I'M THANKFUL FOR NIGHTS OUT WITH MY GIRLS!
I'M THANKFUL FOR TURKEY!
HEY!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.			1	2	3	4 There is no human vaccine for Lyme disease.
5 **Daylight Saving Time ends**	6	7 **Election Day**	8 Lyme disease is caused by the bacterium, *Borrelia burgdorferi.*	9	10	11 **Veterans Day**
12 Check for ticks after hiking or playing in wooded areas.	13 	14	15	16	17	18
19	20	21	22	23 **Thanksgiving Day**	24  Removing ticks promptly minimizes your risk of disease.	25
26	27	28	29	30	 	

December 2017



A healthier community begins with you

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Watch out for ticks on warm fall and winter days. Repellents containing DEET provide you with protection from mosquitoes, ticks and other biting insects.				 Don't be mosquito meat, use DEET!	1	2
3 Ticks are active all year–even on warm days in the winter.	4	5	6	7	8 	9
10	11	12	13	14	15	16 DEET is safe for children over 2 months in age.
17	18	19	20 	21 **The First Day of Winter (Winter Solstice)**	22	23
24 Need a last-minute gift? Buy some repellent. 	25 **Christmas Day** 	26 	27	28	29	30
New Year's Eve 31						

Fairfax County Health Department, Disease Carrying Insects Program, Fairfax, Virginia
703-246-8931 • TTY 711 • www.fairfaxcounty.gov/fightthebite • fightthebite@fairfaxcounty.gov

A Fairfax County, Va., publication. To request this information in an alternate format, call the Fairfax County Health Department at 703-246-2411, TTY 711.