Protecting Yourself from Disease Carrying Insects

A Reference Guide to Mosquitoes, Ticks, West Nile Virus and Lyme Disease

May 2009
Dear Fairfax County Resident,

The Fairfax County Health Department’s Disease Carrying Insects Program is working to minimize the risk of West Nile virus and Lyme disease transmission to County residents and visitors. This “Reference Guide to Mosquitoes, Ticks, West Nile virus and Lyme Disease” was developed to help you to have a better understanding of how to protect yourself, your family and your yard from mosquitoes, ticks and the diseases they transmit.

The Health Department’s surveillance efforts, coupled with proactive inspection and treatment of breeding habitats, provide County residents with a high degree of protection. County efforts alone are not enough; well-informed and active residents are needed partners to combat disease-carrying insects in our community.

It is my belief that education, preparation and action are key factors in breaking the disease transmission cycle. Please take a few minutes to read about West Nile virus and Lyme disease and take action to protect yourself and your family from insect-borne disease. To support this education effort, Health Department staff are available to inspect your property for mosquito breeding sites, identify ticks and speak with community groups about mosquitoes and ticks.

Thank you for taking the time to read this valuable information and please feel free to contact the Health Department with your thoughts about this booklet. I hope it is helpful to you and your family. Together we can achieve our vision and your desire of “Healthy People in Healthy Communities”.

Sincerely,

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

To contact the Health Department with comments, questions or concerns, please call 703-246-2300 TTY 703-591-6435 e-mail us at FightTheBite@fairfaxcounty.gov

Cover Photos Courtesy of CDC
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West Nile Virus and Mosquitoes

What is West Nile Virus?

West Nile virus (WNV) is a virus that is transmitted to people by the bite of an infected mosquito. WNV was first detected in Fairfax County in 2000 and has since affected many residents, sometimes resulting in serious illness and even death.

The West Nile Virus Transmission Cycle

The natural transmission cycle of West Nile virus is between a few types of birds and some mosquitoes.

Very few mosquitoes are actually infected with the West Nile virus.

A bird infected with WNV is bitten by a mosquito.

The mosquito picks up the virus from the bird and after about a week, the mosquito can transmit the virus.

The infected mosquito will then feed on an uninfected bird and transmit the virus to the bird.

Sometimes, the infected mosquito will feed on humans or horses. Some of these humans and horses can get sick or die from the infection.

What is West Nile Virus?

The West Nile Virus

Transmission Cycle

West Nile virus

Bird reservoir hosts

Mosquito vector

West Nile virus

Incidental infection

Courtesy of CDC
Symptoms generally appear three to 15 days after being bitten by an infected mosquito.

**SERIOUS SYMPTOMS in a few people:** About one in 150 people infected with West Nile virus will develop severe illness. This 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 and 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.
There are four stages in the life of a mosquito: egg, larva, pupa and adult.

Mosquitoes eggs are laid so that they hatch in water.

A larva emerges from the egg and feeds and grows in the water for about a week.

The larva then turns into a pupa, which is also found in water but does not feed.

After about two days, the adult mosquito that has developed inside the pupa will emerge into the familiar flying form.

There are both male and female mosquitoes, but only the female bites because she needs the blood to provide nutrients for her eggs.

Female mosquitoes will lay 200-300 eggs each time they have a blood meal. She may lay eggs three or four times during the month that she is alive.
Applying a permethrin barrier spray to your yard will provide temporary relief from biting adult mosquitoes.

Permethrin is an insecticide that both repels and kills mosquitoes.

Permethrin has low human toxicity and is readily available in garden centers and hardware stores.

When looking for permethrin products, make sure to check the labeling—permethrin is the name of the active ingredient, not the product brand name.

Apply permethrin to ivy, shrubs, trees, ornamental grasses and to any other plants where mosquitoes are resting.

Permethrin will not harm your garden plants.

Treatment will last two to three weeks, depending on the rain.

Reapply as needed depending on mosquito presence and annoyance.

Always read and follow the label instructions before applying insecticides.

Applying Permethrin to Vegetation
Culex Mosquitoes and West Nile Virus

Scientific names: *Culex pipiens*, *Culex restuans*

Appearance: Small, brown mosquito.

Personality: Shy, not aggressive; likes to feed from dusk until dawn.

Her Favorite Meal: Birds, but she will occasionally feed on mammals.

Preferred Breeding Sites: Stagnant, organic, nutrient-rich water. Places like catch basins (storm drains), clogged rain gutters and sites where the water stands for a longer period of time (usually a few weeks).

Health Risk: These are the most important mosquitoes in the West Nile virus transmission cycle. Even though they prefer to feed on birds, they will bite humans, horses and other mammals, which can get sick if they become infected.

Additional comments: These mosquitoes are not as aggressive as other mosquitoes, so you may not notice when one is biting you—another good reason to wear insect repellent.

Hangouts: Adults like to spend time in trees, bushes and tall grass during the day—as long as it’s cool and humid.

The Health Department has a pro-active catch-basin treatment program to help reduce the number of mosquitoes.

Be sure to use the “Breeding Site Check List” on page nine to help get rid of mosquito larvae around your home.

Courtesy of CDC
Scientific name: *Aedes albopictus*

**Appearance:** Black mosquito with striking white markings on the body and legs.

**Personality:** Very aggressive; daytime biter.

**Her Favorite Meal:** Human blood—though she will feed on other mammals and birds.

**Preferred Breeding Sites:** Artificial containers that hold water for seven days or more. Likes to lay her eggs in tires, buckets, flowerpots and corrugated drain pipes.

**Hangouts:** Anywhere cool, humid and shady. Ivy and azaleas or other bushes are among her favorite resting places.

**Health Risk:** These can transmit West Nile virus, but they are not very good at it. Very annoying when you are trying to enjoy time in your yard.

**Additional Comments:** Do not travel far from their breeding sites. To help get rid of these, check your yard for any kind of container that may be holding water. While searching for a blood meal these mosquitoes may fly from yard to yard.

Make sure corrugated drain 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.
Every Week
• Eliminate standing water from containers such as flowerpot saucers, watering cans and buckets.
• Change the water and clean bird baths.
• Empty water that collects in folds of tarps used to cover woodpiles, boats, etc.
• Position corrugated drain pipes to ensure drainage or dump out water.

Once a Month
• Apply a larvicide (an insecticide applied to water to kill mosquito larvae), such as Mosquito Dunks®, to standing water that cannot be tipped and tossed or drained.

As Necessary
• Clear debris to allow water to flow freely from drainage ditches and culverts.
• Clean leaves and debris from roof gutters.
• Recycle old tires. Call 703-324-5230 for disposal information.
• Filter or aerate ornamental ponds using a circulation pump or stock the pond with fish.
• Drain or fill-in puddles and areas of your yard that remain wet and soggy for more than a week.
• Check window and door screens and repair as needed to ensure that mosquitoes cannot enter.
• Organize a neighborhood clean-up.
<table>
<thead>
<tr>
<th>Potential Breeding Site</th>
<th>How to Correct</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roof gutters</td>
<td>Clean out leaves and debris frequently to ensure water flows freely and does not accumulate.</td>
</tr>
<tr>
<td>Black corrugated pipes for downspout drainage</td>
<td>Grooves in plastic pipes can hold enough water to breed mosquitoes. Treat with a larvicide.</td>
</tr>
<tr>
<td>Buckets, watering cans, drinking glasses, plastic cups, bottle caps or any trash that can hold water</td>
<td>Store indoors or turn over. If trash, recycle or throw away.</td>
</tr>
<tr>
<td>Cans and containers</td>
<td>Throw away, store indoors, turn upside down, drill holes in the bottom, or empty after rain showers.</td>
</tr>
<tr>
<td>Old tires</td>
<td>Recycle or store where they won’t collect rainwater. For playground use, drill water drainage holes. Call 703-324-5230 for disposal information.</td>
</tr>
<tr>
<td>Bird baths</td>
<td>Change the water or flush out and clean with a garden hose at least once a week.</td>
</tr>
<tr>
<td>Ornamental ponds</td>
<td>Stock with fish (fish eat mosquito larvae), filter/aerate the water with a recirculation pump or treat with a larvicide as needed.</td>
</tr>
<tr>
<td>Potted plants with saucers</td>
<td>Empty saucers or flush out with garden hose once a week.</td>
</tr>
<tr>
<td>Dripping outdoor faucets and window air conditioners</td>
<td>If water puddles, repair faucet. Place rocks under window air conditioner to ensure water runoff.</td>
</tr>
<tr>
<td>Swimming pools</td>
<td>If unused or abandoned, treat with Mosquito Dunks® once a month. Mosquitoes can’t breed in maintained swimming pools because of the chemicals used.</td>
</tr>
<tr>
<td>Children’s toys</td>
<td>Store indoors or in a manner that prevents water accumulation. Note that some toys have inner compartments that can hold water.</td>
</tr>
<tr>
<td>Tarps on woodpiles and garden equipment</td>
<td>Empty water that collects in folds and sagging areas. Tighten or straighten so water runs off.</td>
</tr>
<tr>
<td>Wheelbarrows</td>
<td>Turn over when not in use.</td>
</tr>
<tr>
<td>Under decks, porches or outbuildings</td>
<td>Fill in depressions where water can collect. Remove any container that can collect water.</td>
</tr>
<tr>
<td>Garbage cans, recycle bins, other barrels</td>
<td>Keep covered or drill drainage holes in bottom. Place lids on garbage cans. Store bins and barrels to allow water runoff.</td>
</tr>
<tr>
<td>Canoes, boats</td>
<td>Cover with a tight-fitting tarp or store upside down.</td>
</tr>
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Lyme Disease and Ticks

What is Lyme Disease?

Lyme disease is an illness caused by bacteria that are transmitted to people by the bite of an infected tick. Ticks become infected after feeding on white-footed mice that are carrying the bacteria.

The black-legged tick, also known as the deer tick, is responsible for transmitting the bacteria that causes Lyme 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.

Bull’s-eye Rash

What are the Signs and Symptoms of Lyme Disease?

The first sign of infection is usually a bull’s-eye rash that appears three to 30 days after the bite. Not all persons develop this rash. Infected persons also experience fatigue, chills, fever, headache, muscle and joint aches and swollen lymph nodes. If you experience these symptoms, especially with the history of a recent tick bite, contact your physician.

If untreated, the infection may spread to other parts of the body. This can produce a number of other symptoms that may appear separately, including loss of muscle tone on one or both sides of the face, severe headaches and neck stiffness, shooting pains, heart palpitations, dizziness and pain that moves from joint to joint.

After several months, about 60 percent of untreated cases begin to have intermittent bouts of arthritis with severe joint pain and swelling. Up to five percent of untreated cases may develop neurological complaints.

Ly me disease is treatable if detected early. Remember, not all ticks transmit Lyme disease!
There are four stages in the two-year life cycle of a tick: egg, larva, nymph and adult.

The eggs hatch into larvae, often called “seed ticks”.

Larvae attach to a host, take a blood meal and change into nymphs.

Nymphs will attach to another host, take another blood meal and change into adults.

Adult females will take yet another blood meal from a third host, become engorged (sometimes to the size of a small grape) and fall off. Each female will eventually lay about 3,000 eggs on the ground.

For more information on other ticks and tick-borne diseases in Fairfax County, please visit our Web site www.fairfaxcounty.gov/fightthebite.
AVOID TICK-INFESTED AREAS
• If you go into an area that could be infested with ticks, walk in the center of established trails.
• Try to avoid contact with overgrown grass, brush and leaf litter where the ticks might be waiting.

DRESS APPROPRIATELY
• Wear long-sleeved shirts and long pants to help keep ticks off your skin.
• Wear light-colored clothing so that ticks are easier to see.
• Tuck pant legs into socks and tuck shirt into pants.
• Keep ticks from crawling under your clothes by taping around the top of your socks where they meet your pants.
• Pre-treat clothes with 0.5% permethrin.

USE TICK REPELLENT
• Apply 30% DEET (or other effective tick repellent) to exposed skin.
• Protect your pet with a specially treated collar or spot-treatment—ask your veterinarian if you have any questions. These products are only for pets. DO NOT use these products on people.

CONDUCT FREQUENT TICK CHECKS
• Check yourself, your children and your pets for ticks after all outdoor activities because you may not be aware that a tick has found you.
• Look for ticks anywhere on the body, but especially in warm, dark areas such as the armpit or groin.
• Pay special attention to the scalp.
• Remove and dispose of unattached ticks.
• If you find an attached tick, use the proper method for removal, as described on the next page.
How Do You Properly Remove a Tick?

• Prompt removal of an attached tick may help prevent infection.

• Use fine-tipped tweezers or shield your fingers with a tissue, paper towel or rubber gloves when removing the tick.

• Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure.

• **DO NOT** twist or jerk the tick; this may cause the mouthparts to break off and remain in the skin.

• **DO NOT** use nail polish, petroleum jelly, alcohol or heat to remove the tick.

• **DO NOT** squeeze, crush or puncture the tick because its fluids may contain infectious organisms.

• After removing the tick, clean the bite site with an antiseptic and wash your hands with soap and water.

• If you become sick, see a physician.

You can bring ticks to the Fairfax County Health Department for identification.
10777 Main Street, Fairfax, VA 22030
How to Make Your Yard a Tick-free Zone

**PRACTICE TICK-SAFE LANDSCAPING**

- Ticks need high humidity levels to survive.
- Create a sunny and dry area where ticks cannot survive:
  - Remove leaf litter and clear tall grass and brush around houses and at the edges of lawns.
  - Lay down wood chips or gravel between lawns/recreational areas and wooded areas.
  - Keep playground equipment, decks and patios away from yard edges and trees.

**USE CHEMICAL CONTROL**

- Use permethrin to effectively control ticks in your yard.
  - Make the first application between late March and early May.
  - Reapply according to the label.

**DISCOURAGE DEER**

- Deer bring ticks into your yard.
  - Remove plants that attract deer.
  - Plant deer-resistant shrubs and plants.
  - Construct physical barriers to discourage deer from entering your yard.

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Landscape to create Tick Safe Zones

Adapted from CT Agricultural Experiment Station
Repellents

What is the Best Repellent?

DEET

| Repels Mosquitoes | Yes |
| Repels Ticks      | Yes |
| Hours of Protection (25% formula) | 5 |
| Use in Children   | Over 2 months |
| CDC* Recommended | Yes |

DEET-based repellents have provided effective, dependable protection since the 1950s. They are available in various concentrations and their length of effectiveness is usually related to concentration. These products are available as aerosols, pump sprays or wipes. DEET is the most effective and best studied repellent available.

Picaridin

| Repels Mosquitoes | Yes |
| Repels Ticks      | Maybe |
| Hours of Protection (25% formula) | 5 |
| Use in Children   | N/A |
| CDC* Recommended | Yes |

Picaridin is a synthetic repellent developed in the 1990s that has been commercially available in the U.S. since 2005. It is colorless and nearly odorless. Like DEET, the length of effectiveness is related to concentration. It is available as an aerosol, pump spray or wipe.

Oil of Lemon Eucalyptus

| Repels Mosquitoes | Yes |
| Repels Ticks      | Maybe |
| Hours of Protection (25% formula) | 4 |
| Use in Children   | Over 3 years |
| CDC* Recommended | Yes |

Oil of lemon eucalyptus is a natural, plant-based repellent that is derived from tree leaves. Its effectiveness is similar to products containing low concentrations of DEET. Products tend to have a strong botanical smell and are available as pump sprays or lotions.

IR3535

| Repels Mosquitoes | Yes |
| Repels Ticks      | Maybe |
| Hours of Protection (25% formula) | 3 |
| Use in Children   | Over 6 months |
| CDC* Recommended | Yes |

IR3535, also called Merck 3535, is registered with the EPA as a biopesticide, but has been used as a synthetic repellent in Europe for over 20 years with no significant harmful effects. IR3535 was approved for use in the United States in 1999, and is currently available in aerosol, pump sprays, and wipes. While EPA recognizes the use of IR3535 as safe for adults and children, be advised that it is an eye irritant.

*Centers for Disease Control and Prevention

www.fairfaxcounty.gov/fightthebite
Protecting Yourself from Disease Carrying Insects

Everyone, especially children, likes to spend time outdoors. It’s a good idea to protect yourself and your family from disease-carrying insects.

The Fairfax County Health Department recommends wearing DEET and the American Academy of Pediatrics Committee on Environmental Health has reported that products containing up to 30% DEET are safe to use on anyone over two months of age.

Parents should choose the type and concentration of repellent to be used on their children based on the amount of time the child will be outdoors.

Apply Repellent to Your Children

• When applying repellent:
  • DO NOT spray the face.
  • Spray repellent on your hands and rub onto exposed areas.
  • Avoid the eyes and mouth and use sparingly around the ears.

• DO NOT apply repellent to children’s hands, because children put their hands in their mouths.

• DO NOT allow children to apply repellent by themselves; have an adult do it for them.

• Keep repellents out of reach of children.

• Always read and follow label instructions.
The Disease Carrying Insects Program (DCIP) was established in 2003 to monitor and control mosquitoes and West Nile virus in Fairfax County. Since then, it has expanded to include ticks and tick-borne diseases. The mission of the program is threefold—vector and disease surveillance, vector management and control as well as community education and outreach activities.

The programs goal is to minimize the impact of mosquito- and tick-borne diseases with an integrated approach to pest management.

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