

Defend your home and garden

EVERY WEEK

- Tip and toss free-standing containers such as flowerpot saucers, watering cans and buckets.
- Change the water and clean bird baths with a garden hose.
- 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.

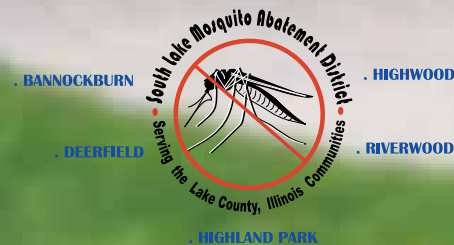
AS NECESSARY

- Clean leaves and debris from roof gutters.
- Store or recycle old tires. Your tire store will dispose of them for a small fee.
- Clear debris to allow water to flow freely from drainage ditches and culverts.
- 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.

Mosquito control products have naturally derived active ingredients, are registered by the US EPA and can be used in and around organic gardens.

For mosquito concerns and to report water standing more than 3 days: notify southlake@clarke.com, or call the hot line: 800-942-2555

To report dead birds call the Lake County Health Department: 847-377-8300



South Lake Mosquito Abatement District
P.O. Box 1155
Highland Park, IL 60035
www.slmad.org

South Lake Mosquito Abatement District
is a unit of Lake County government

Understanding Mosquitoes and West Nile Virus

Courtesy of Fairfax County Health Department



Mosquitoes are more than just a nuisance; they can also transmit disease to people.

Here is what you should know and do to protect yourself and your family.

What South Lake Mosquito Abatement District is Doing

SLMAD actively protects the public's health against mosquito-borne illnesses through:

- Proactive inspection and larviciding of up to 6,700 storm drains and above-ground breeding sites from May to October.
- Surveillance of 22 mosquito traps to determine if mosquitoes are too numerous or have been infected with West Nile or other diseases
- Aerial survey for stagnant and abandoned swimming pools
- Larval control assistance to residents due to stagnant water on their property
- Public education throughout our region of Deerfield, Highland Park, Highwood, Bannockburn and Riverwoods"
- Informative Website and Mosquito Hotline for voluntary notification system

West Nile Virus

West Nile virus was first detected in the United States in 1999 and has affected many individuals and families, sometimes resulting in serious illness and even death. This virus is transmitted by mosquitoes from birds to both horses and people.

If you are bitten by a mosquito, you probably do not need to see a doctor. Most people who are infected with West Nile virus will not have any symptoms and some will develop a mild flu-like illness. However, the virus can also cause encephalitis or meningitis which can be serious health threats. Symptoms generally appear three to 15 days after exposure.

Signs and Symptoms

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 and paralysis. These symptoms may last several weeks and neurological effects may be permanent.

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.

Who is at Risk?

While everyone is equally susceptible to West Nile virus, people over the age of 50 are at greatest risk for contracting more severe forms of the disease. No vaccine for people exists at this time for West Nile virus and only supportive treatment is available for symptomatic cases. Testing for West Nile virus involves a blood or spinal fluid test.

Things You Can Do

Actions alone are not enough — we need your help to "Fight the Bite"! Here is what you can do:

- Choose and use a repellent that contains one of these active ingredients: DEET, picaridin, oil of lemon eucalyptus or IR-3535. Always follow label instructions and do not allow young children to apply insect repellent to themselves.
- Wear long, loose, and light-colored clothing to avoid mosquito bites.
- Eliminate or treat standing water around your home where mosquitoes breed.