

## Protect your family and yourself from mosquitoes and their diseases.

- Tip** out stagnant water in & around your home weekly.
- Toss** all items that can collect and hold water.
- Protect** yourself & your children from mosquito bites:
  1. Apply repellent on your child before sending to school and when mosquitoes are around your home. Use a repellent with one of these four active ingredients.

The higher the % the longer the protection!

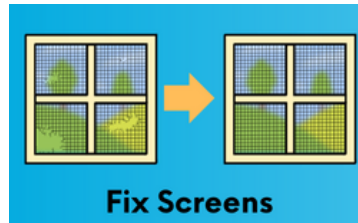
- Oil of Lemon Eucalyptus
- DEET
- Picaridin
- IR3535



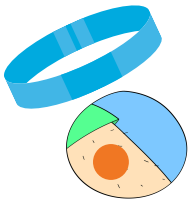
\*Consult a pediatrician before applying repellent to your child.



2. Dress your child in loose and long-sleeved clothing to reduce skin exposure to bites.
3. Fix tears or gaps in window or door screens at home.



## Items that **DO NOT** protect from bites:



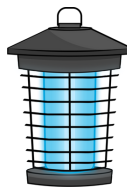
Bracelets & Stickers



Candles, Citronella, and other "mosquito plants"



Belt Fans



Bug Zappers

# Mosquito Guide

## For Parents

### Keep your family safe and bite free!



This **SMALL** insect has a **LARGE** impact on our way of life in the San Gabriel Valley.

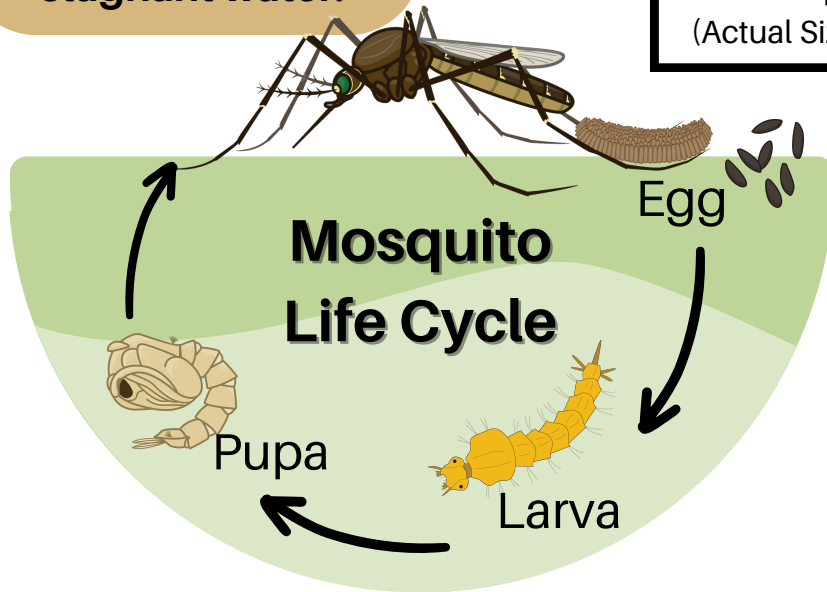
Español  
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Tiếng Việt



Providing the highest level of protection from vectors and vector-borne disease in the San Gabriel Valley.



Mosquitoes grow in stagnant water.



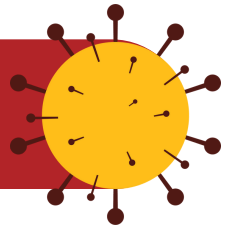
Mosquitoes complete their life cycle in **5 - 7 days!**

## Where do mosquitoes grow?

The area around homes is the #1 source of mosquito problems. Inspect your property weekly for any stagnant water.



Female mosquitoes can transmit pathogens that make us sick.



The two groups of mosquitoes that pose the most significant public health risk:

### Aedes mosquitoes



Aedes mosquitoes are invasive, black-and-white striped mosquitoes. These "ankle biters" can spread a number of diseases. Their eggs, deposited on the inside walls of containers, can stay alive for more than a year!

#### Diseases of Concern:

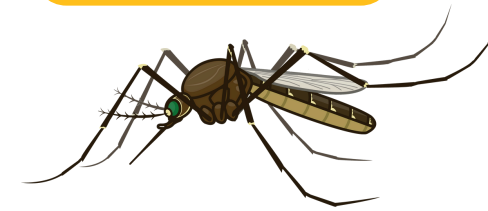
- Chikungunya
- Dengue fever
- Yellow fever
- Zika

#### In dogs and cats:

- Heartworm



### Culex mosquitoes



Culex mosquitoes are brown in color and common in your city. While these mosquitoes typically bite birds, they occasionally bite people, which is how they spread West Nile virus and other diseases.

#### Diseases of Concern:

- West Nile virus
- St. Louis encephalitis
- Western equine encephalitis

Did You Know?

Only female mosquitoes bite!