

## **WEST NILE VIRUS ALERT**

### **Forest Heights citizens can reduce their risk of becoming infected with West Nile Virus by:**

- ◆ Staying indoors at dawn, dusk, or early in the evening,
- ◆ Wearing long-sleeved shirts and long pants whenever you are outdoors,
- ◆ Spraying clothing with repellents containing permethrin or DEET, since mosquitoes may bite through thin clothing,
- ◆ Applying insect repellent sparingly to exposed skin following package instructions. An effective repellent will contain 30% DEET (N, N-diethyl-metotoluamide). DEET in higher concentrations provides no additional protection. Repellents may irritate the eyes and mouth, so avoid applying repellent to the hands of children.

### **Mosquitoes can breed in as little as 1/4 inch of water. The following steps should be taken to keep mosquitos from breeding in town:**

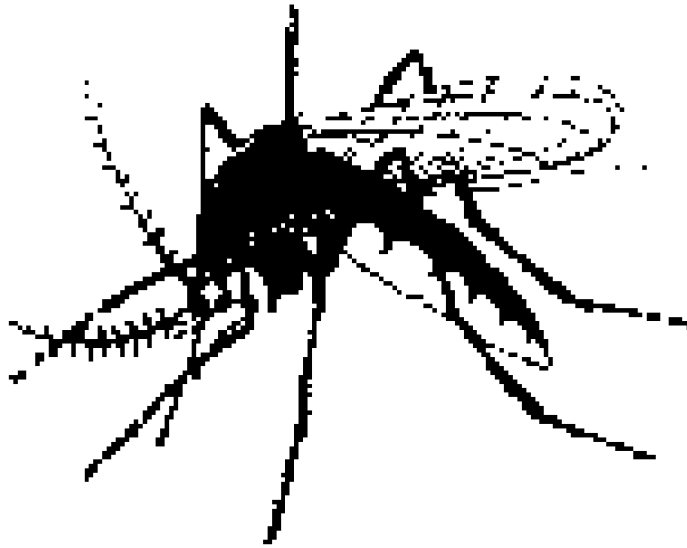
- ◆ Remove all discarded tires from your property.
- ◆ Dispose of tin cans, plastic containers, ceramic pots, or similar water-holding containers.
- ◆ Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall. Use a mirror on a pole to visually check gutters for water without climbing on a ladder.
- ◆ Clean and chlorinate swimming pools, outdoor saunas, and hot tubs. If not in use, keep empty and covered.
- ◆ Drain water from pool covers.
- ◆ Change the water in bird baths at least once a week
- ◆ Turn over plastic wading pools and wheelbarrows when not in use.
- ◆ Eliminate any standing water that collects on your property. Remind or help neighbors to eliminate breeding sites on their property.
- ◆ Check for trapped water in plastic or canvas tarps used to cover boats, pools, etc. Arrange the tarp to allow water to drain.
- ◆ Pump out bilges in boats. Store canoes and small boats upside down.
- ◆ Remove outdoor pet food and water dishes that are not being used.
- ◆ Don't leave garbage can lids lying upside down.
- ◆ Be sure water does not collect in the bottom of garbage cans.
- ◆ Check around construction sites or do-it-yourself improvements to ensure that proper backfilling and grading prevent drainage problems.

For more information, contact Health & Sanitation Chairman George Wiggers on (301) 567-7718, or visit the State of Maryland web site at [http://edcp.org/html/west\\_nile.html](http://edcp.org/html/west_nile.html).



*Town of Forest Heights*  
HEALTH & SANITATION COMMITTEE

# HEALTH ALERT



West Nile Virus, a Mosquito borne disease, has been found in Prince George's County. Persons over 50 and those with weakened immune systems are at risk for a severe case of the disease.

See other side for things you can do to prevent the spread of this disease.