



## LAKE COUNTY VECTOR CONTROL DISTRICT

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### NEWS RELEASE

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### FOR IMMEDIATE RELEASE

**August 31, 2023**

### PREVENT MOSQUITO BITES THIS WEEKEND

LAKEPORT, Calif. –Labor Day weekend is the traditional “end of summer” but it’s not the end of the mosquitoes.

The Lake County Vector Control District reminds everyone to avoid mosquito bites this weekend, “If you’re outside around dusk or dawn, wear long pants and sleeves and use a mosquito repellent that contains Picaridin, IR3535, Oil of Lemon Eucalyptus, or DEET,” recommends Jamesina Scott, Ph.D., District Manager and Research Director of the Lake County Vector Control District.

The District confirmed that two more mosquito samples from Lake County tested positive for West Nile virus this week. “We’ve found West Nile virus throughout the county this year in Clearlake Oaks, Cobb, Kelseyville, Lakeport, Lower Lake, Middletown, and Upper Lake,” said Scott. In addition to 15 mosquito samples and 2 dead birds that were positive for West Nile virus, four residents have been confirmed with West Nile virus, including one fatal case.

West Nile virus (WNV) is found every year in California, including Lake County. WNV is transmitted to people and animals through the bite of an infected mosquito, and there is no cure or human vaccine so avoiding mosquito bites is the best protection. People who are over 50 or have chronic health conditions are at higher risk for getting sick from West Nile virus.

Most people who are infected with West Nile virus will have no symptoms, but about 20% will get sick with symptoms that may include fever, headache, fatigue, body aches, nausea, or a skin rash. “The average person who gets sick from West Nile virus misses two weeks of work or school, and reports that it takes up to 6 months to feel ‘back to normal,’” said Scott.

About 1 in 150 people infected with the virus will be hospitalized with severe symptoms including high fever, intense headache, confusion, dizziness, muscle weakness, neck stiffness, coma, paralysis, and possibly death.

Mosquitoes develop in water. Residents should take the following precautions to remove mosquito sources in their yards:

- Dump and drain any containers filled with water at least once a week
- Clean and scrub bird baths and pet water bowls weekly
- Dump water from potted plant saucers
- Do not transport or share plant stems rooted in water
- Drill a hole or puncture containers to eliminate standing water

For water sources that can’t be drained, like an ornamental pond, livestock watering trough, water feature, or an out-of-service (green) swimming pool, residents can contact the District for free mosquito-eating fish to prevent mosquitoes from growing there.

To prevent mosquito bites, the District offers the following tips:

- Apply mosquito repellents to exposed skin before going outdoors; reapply as recommended
- Wear repellent containing Picaridin, IR3535, Oil of Lemon Eucalyptus, or DEET
- Close all unscreened doors and windows to prevent mosquitoes from entering your home or space; repair broken or damaged screens
- Wear long-sleeved shirts and long pants, and opt for lighter-colored clothing

This year 35 California counties have detected WNV, mainly in mosquitoes. As of August 31, 2023, fifty-five human cases of West Nile virus illness have been reported in California residents.

Residents with questions or who would like help with a mosquito problem, including reporting a neglected pool or spa, or have an in-ground yellowjacket nest on their property that they want treated, should contact the Lake County Vector Control District at (707) 263-4770 or submit a request online [www.lcvcd.org](http://www.lcvcd.org).

For more information about West Nile virus or to report a dead bird, visit [westnile.ca.gov](http://westnile.ca.gov). Information about mosquito repellents can be found on the US Centers for Disease Control and Prevention website at [www.cdc.gov/westnile/faq/repellent](http://www.cdc.gov/westnile/faq/repellent).

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