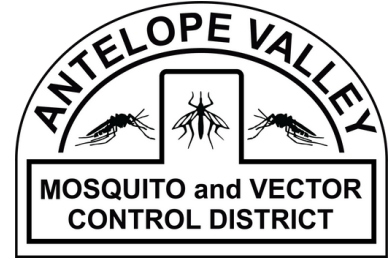


# THE VALLEY BUZZ



JULY 2024



## July Update



BY BRENNA BATES-GRUBB  
COMMUNITY OUTREACH SPECIALIST

Hello Antelope Valley!

Hot weather allows mosquitoes to complete their lifecycle very quickly. In fact, mosquitoes can go from egg to adult in as little as 3 days. This is why it is imperative to take personal mosquito control measures. Mosquito control is a shared responsibility between residents and the District and everyone must do their part to ensure a healthy community.

Our surveillance efforts have shown consistent mosquito activity around town. We are detecting both our native *Culex* mosquitoes (which do carry West Nile virus in the Antelope Valley) and invasive *Aedes* mosquitoes which have the potential to carry dangerous tropical diseases such as Zika virus, dengue virus, chikungunya and yellow fever. In 2023, both Pasadena and Long Beach detected local transmission of dengue fever which further illustrates the importance of taking personal mosquito control measures.

### Personal mosquito control measures include:

- Eliminating sources of standing water around your property weekly
- Disposing of any unused items that can hold standing water
- Keeping windows and doors shut or properly screened to prevent mosquitoes in the home
- Refreshing pet water, bird baths and other permanent fixtures at least weekly
- Keeping pools, fountains, ponds and other water features fully maintained or completely dry throughout the season

### DID YOU KNOW?!

Mosquitoes need water to complete their lifecycle. In fact, they spend the first 3 stages of their lives in stagnant water. This is why mosquito control professionals consistently stress the importance of getting rid of stagnant water and keeping pools completely clean or completely dry. This is a practice we call 'source elimination'. If you eliminate the water source where the mosquitoes are coming from, you will control your mosquito problem.



Visit our website for more ways to prevent mosquitoes around the home:  
<https://www.avmosquito.org/how-you-can-help>



# TECHNICIAN'S TIPS



The best way to prevent WNV is to protect yourself from mosquito bites. Prevention is the best protection.



WEST NILE VIRUS (WNV) is a mosquito-borne virus that causes disease in humans, horses, and birds. WNV spreads to people through the bite of an infected mosquito, and it can make people sick and even cause death. WNV is common in the United States, especially in California, and is a problem that is here to stay. The best way to prevent WNV is to protect yourself from mosquito bites. Prevention is the best protection. Wearing loose fitting long sleeves and pants whenever mosquitoes are present will help prevent mosquitoes from getting to your skin and taking a tasty snack.

Remember, the less exposed skin, the less likely you are to get a pesky mosquito bite. If the weather does not permit wearing long sleeves and pants, applying an EPA-registered repellent will keep you and your loved ones safe this summer. Not all mosquito repellents are created equal, however. The active ingredients that are EPA-registered and proven for safety and efficacy are: DEET, Picaridin, Oil of Lemon Eucalyptus (OLE), and IR3535 so be sure to look for those when selecting a repellent.

The District recommends wearing repellents that contain at least 20% of the active ingredient. Always be sure to follow label directions carefully, paying close attention to the age restrictions on some products.



### Contact us!

M-Th 8:00 A.M. TO 4:00 P.M.

Fri 8:00 A.M. TO 2:30 P.M.

661.942.2917

[www.avmosquito.org](http://www.avmosquito.org)

### Report a mosquito nuisance/dirty Pool:

- [avmosquito.org/submit-a-tip](http://avmosquito.org/submit-a-tip)
- [661.942.2917](tel:661.942.2917)

### REPORT A DIRTY POOL!

[info@avmosquito.org](mailto:info@avmosquito.org)  
[avmosquito.org/contact-us.html](http://avmosquito.org/contact-us.html)  
661.942.2917

Additionally, residents can stop mosquitoes from laying eggs in or near water. Here's how: At least once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.

Happiness and Health,  
The Antelope Valley Mosquito and Vector Control District