



Public Health Brief

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Good News – and Bad News!

I was fishing up at Skelton Lake (not yet this year!), and I heard a strange humming sound above me. Thinking it might be a drone, I looked up, and to my amazement, saw a huge swarm of mosquitoes up in the tree canopy. They had not discovered me yet, but I did not waste any time getting out of there!



Californians should take precautions, including applying repellent, wearing protective clothing, and draining standing water, where mosquitoes breed.



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Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120
Alpine County Board of Supervisors, Phone: (530) 694-2281
District 1: Charles Dobson, District 2: Ron Hames, District 3: Irvin Jim,
District 4: Terry Woodrow, District 5: David Griffith

This summer, we are reminding you to take extra precautions to protect yourselves from mosquitoes and mosquito-borne diseases during outdoor activities. Due to heavy snow and rains this past winter, mosquito populations have increased across the state, posing a greater risk for mosquito-borne diseases. The best way to prevent diseases that are spread by mosquitoes is to protect yourself, your family, and pets from mosquito bites.

The good news – Most of the mosquitoes you will encounter are fondly known as “snowmelt” mosquitoes, and they do not carry any disease. The bad news – they are very aggressive biters!

PREVENT YOUR EXPOSURE: We recommend individuals prevent exposure to mosquito bites and vector-borne diseases by practicing the “Three Ds”:

- DEET – Apply insect repellent containing DEET, picaridin, oil of lemon eucalyptus or IR3535 according to label instructions. Repellents keep the mosquitoes from biting you. DEET can be used safely on infants and children 2 months of age and older.
- DAWN AND DUSK – Mosquitoes are more active in the early morning and evening, so it is important to wear protective clothing and repellent if outside during these times. Make sure that your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens with tears or holes.
- DRAIN – Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property, including flowerpots, old car tires, and buckets. If you know of a swimming pool that is not being properly maintained, please contact us at 530-694-2146, and ask for our Environmental Health Department.

Recently, malaria, a mosquito-borne disease, has been making headlines in other states. There are no reported cases of malaria in California to date.

West Nile virus is the most common and serious vector-borne disease in California. There have been more than 7,500 human cases and over 300 deaths reported in California since 2003. The mosquitoes that spread WNV are found throughout the state.

And while no human cases of West Nile virus or St. Louis encephalitis virus have been reported in California so far this year, West Nile has been detected in mosquito samples or dead birds in 11 counties and St. Louis encephalitis has been detected in four counties. The California



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Department of Public Health (CDPH) monitors avian deaths as a way of predicting when and where people may be at greater risk. The state continues to work closely with local agencies to reinforce prevention tips and control mosquito populations and the diseases they spread.

RESOURCES FOR CALIFORNIANS: California's [West Nile virus website](#) includes the latest information on West Nile activity in the state. Californians are encouraged to report dead birds on the website or by calling toll-free 1-877-WNV-BIRD (877-968-2473). To learn more about how you can protect your health and the health of your loved ones from diseases carried by insects and other animals such as WNV, SLEV, malaria, Lyme disease, and other tick-borne and mosquito-borne diseases, visit the [CDPH website](#).



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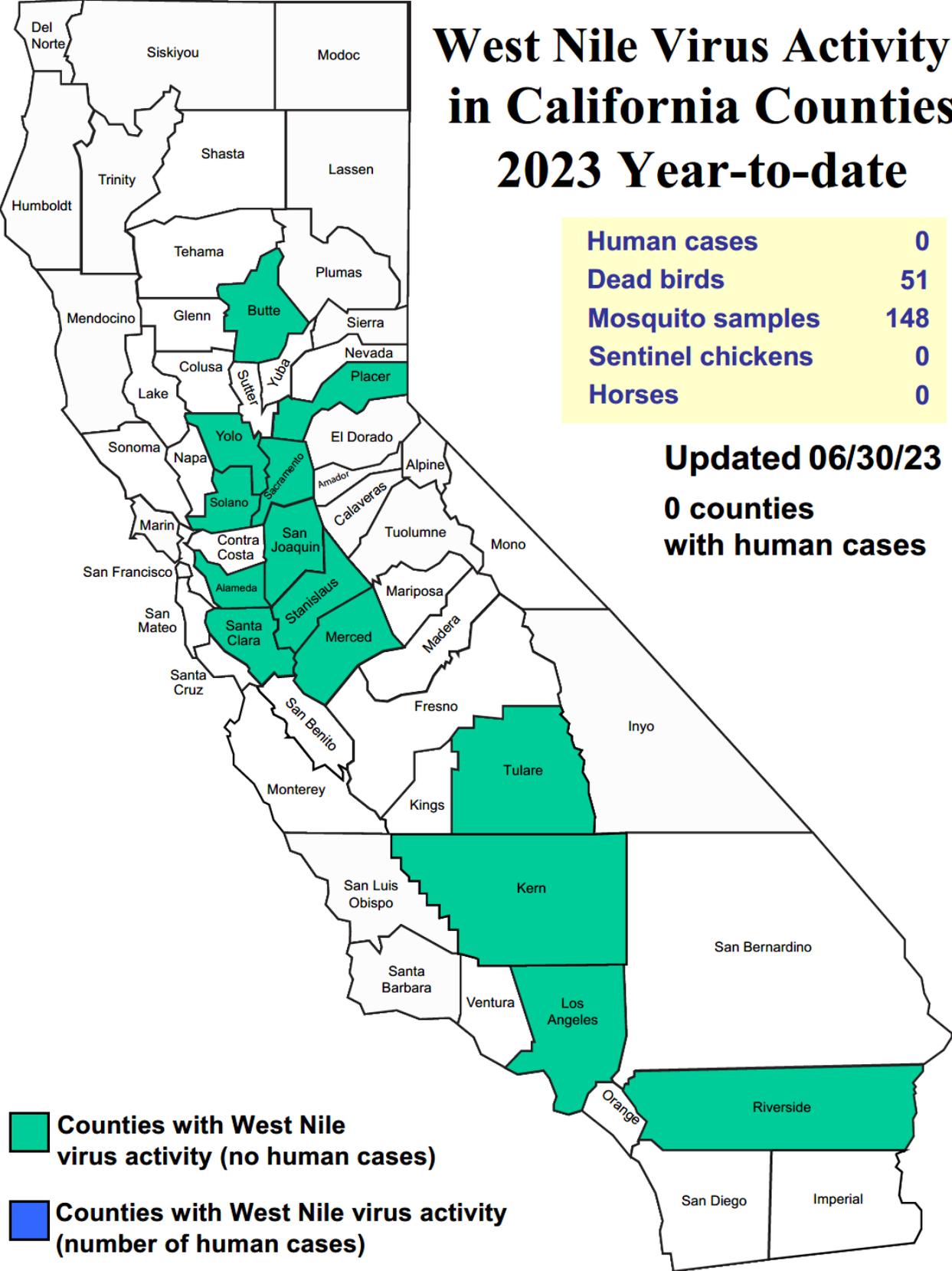
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West Nile Virus Activity in California Counties 2023 Year-to-date

Human cases	0
Dead birds	51
Mosquito samples	148
Sentinel chickens	0
Horses	0

Updated 06/30/23
0 counties
with human cases



- Counties with West Nile virus activity (no human cases)**
- Counties with West Nile virus activity (number of human cases)**

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