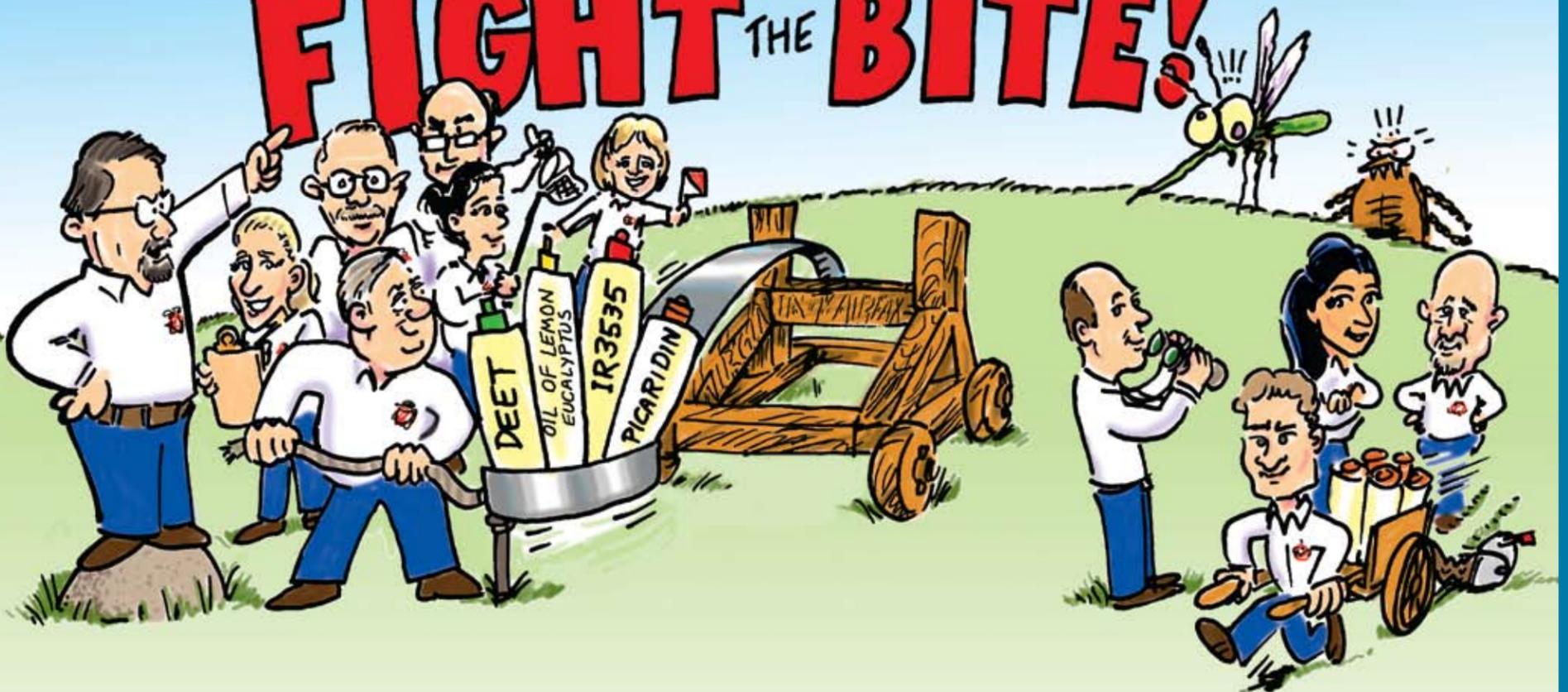




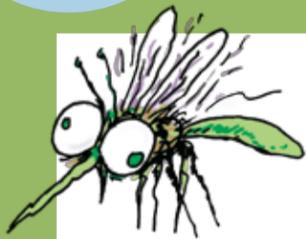
2009  
2010

# FIGHT THE BITE!



~ FIFTH ANNIVERSARY EDITION ~

Fairfax County Health Department • Visit our Web page at [www.fairfaxcounty.gov/fighthebite](http://www.fairfaxcounty.gov/fighthebite) • [fighthebite@fairfaxcounty.gov](mailto:fighthebite@fairfaxcounty.gov)



**Fairfax County Board of Supervisors**

Chairman, At-Large: Sharon Bulova

**Districts**

- Braddock: John C. Cook
- Dranesville: John W. Foust
- Hunter Mill: Catherine M. Hudgins
- Lee: Jeff C. McKay
- Mason: Penelope A. Gross, Vice Chairman
- Mount Vernon: Gerald W. Hyland
- Providence: Linda Q. Smyth
- Springfield: Pat Herrity
- Sully: Michael R. Frey



**Fairfax County Health Department**

Gloria Addo-Ayensu, M.D., M.P.H., Director

**Division of Environmental Health**

Thomas E. Crow, R.S., Director  
John Milgrim, Program Manager

**Disease Carrying Insects Program**

Jorge R. Arias, Ph.D., Supervisor  
Hina V. Bhalala, M.P.H., Biologist  
Joshua D. Smith, M.S., Biologist  
Carl I. Sivertsen, Education and Outreach  
Kelly M. Fontana, Intern



This Calendar is copyrighted ©2009, all rights reserved. This publication is protected by federal copyright law, and permission to copy material must be obtained from the Fairfax County government. If such permission is sought, please contact the Director of the Department of Health, 10777 Main Street, Fairfax, VA 22030.

Dear Residents and Friends of Fairfax County,

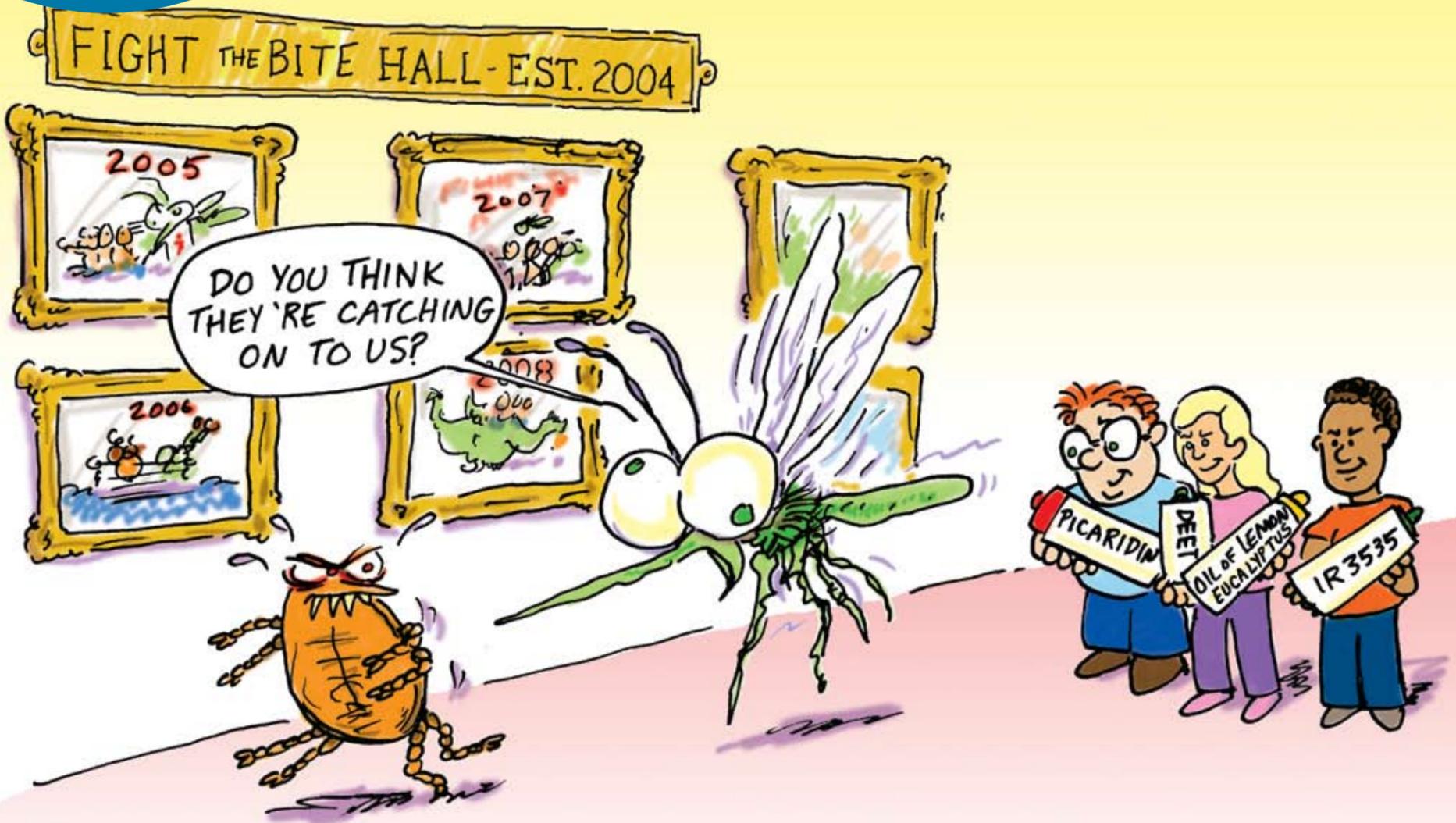
The West Nile virus remains a threat to public health ten years after it began its sweep across the United States. In response to its emergence in Fairfax County in 2000, the Board of Supervisors authorized the Fairfax County Health Department to establish a disease-carrying insects program. Since then, the dedicated staff in this program has developed an aggressive surveillance, control and education program to protect Fairfax County residents and visitors. One of the fundamental elements of the education and outreach efforts has been our Fight the Bite calendar. For the past five years, this wonderful educational tool has helped residents gain a better understanding of mosquito- and tick-borne diseases.

I hope you enjoy this 5th Anniversary Edition of the Fight the Bite calendar.

Gloria Addo-Ayensu, MD, MPH  
Director of Health



# July 2009



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Mosquitoes and ticks are very active this time of year!  
Be sure to dress properly, use repellent, and check for ticks after all outdoor activities.

			1	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16 Eliminate Standing Water!	17	18
19	20 The Health Department will identify ticks.	21	22	23	24	25
26	27	28	29	30	31	

# August 2009



## KEEP WATER AND MOSQUITOES OUT OF YOUR DRAIN PIPES.

Sunday

Monday

Tuesday

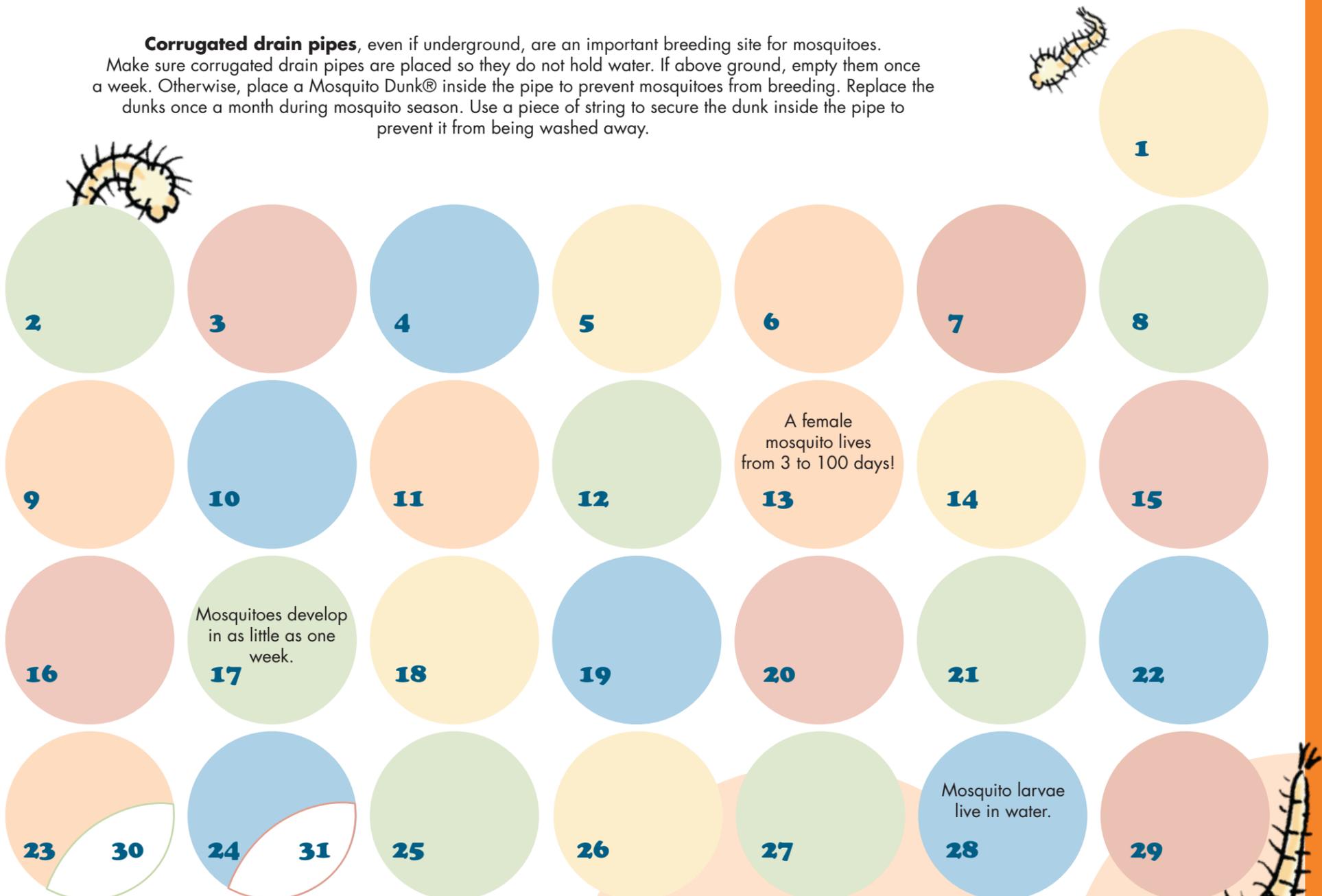
Wednesday

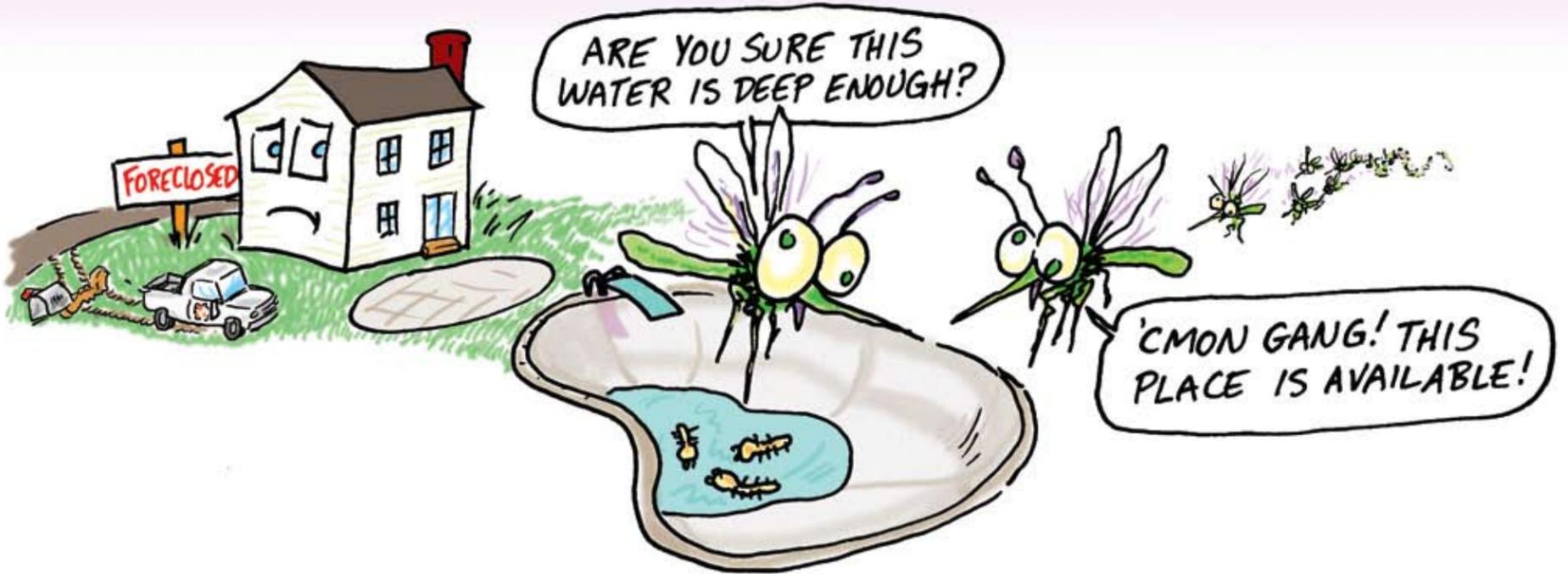
Thursday

Friday

Saturday

**Corrugated drain pipes**, even if underground, are an important breeding site for mosquitoes. Make sure corrugated drain pipes are placed so they do not hold water. If above ground, empty them once a week. Otherwise, place a Mosquito Dunk® inside the pipe to prevent mosquitoes from breeding. Replace the dunks once a month during mosquito season. Use a piece of string to secure the dunk inside the pipe to prevent it from being washed away.





## ABANDONED POOLS CAN BREED MOSQUITOES.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Mosquitoes bugging you?** The Fairfax County Health Department encourages you to check your yard every week for potential mosquito breeding sites and **Say NO to MOSQUITOES.**



6

7

Labor Day

8

Mosquitoes kill.

9

10

11

12

13

14

15

16

17

Only female mosquitoes bite.

18

19

20

21

22 First Day of Autumn

23

24

25

26

Eliminate Standing Water!

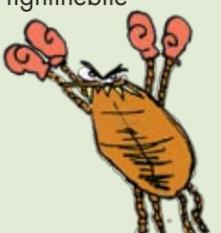
27

28

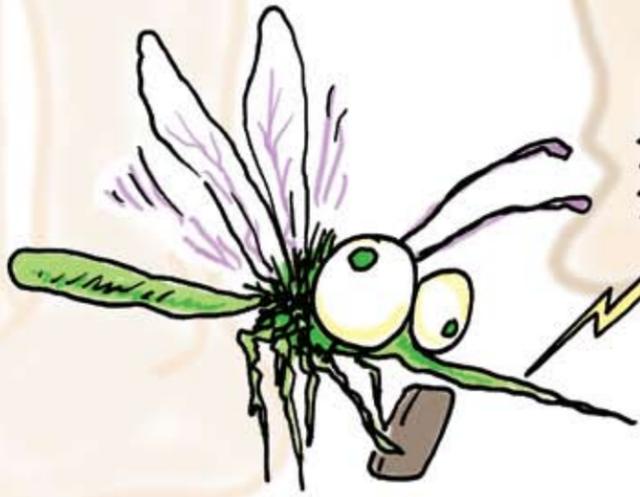
29

30

Health Department staff are happy to help you evaluate your yard for mosquito breeding sites. Please contact us via phone at (703) 246-2300 or via e-mail at [fightthebite@fairfaxcounty.gov](mailto:fightthebite@fairfaxcounty.gov). You can also visit our Web page at [www.fairfaxcounty.gov/fightthebite](http://www.fairfaxcounty.gov/fightthebite) to view our "Breeding Site Check List".



# October 2009



WANT 2 CATCH A BITE?

LOL. UR LEG OR MINE?



**USE REPELLENT! DO NOT FEED MOSQUITOES OR TICKS.**

Sunday

Monday

Tuesday

Wednesday

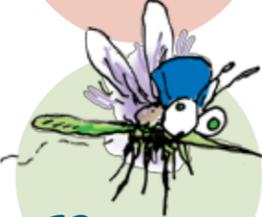
Thursday

Friday

Saturday



Don't let mosquitoes take a bite out of you! Use an effective repellent (DEET, Picaridin, Oil of Lemon Eucalyptus or IR3535) to avoid being a mosquito or tick's lunch.

4	5	6	7	8	9	10
11	12 Columbus Day 	13	14	15 Mosquitoes and ticks live in our parks.	16	17
18	19	20	21	22	23	24
25	26 Mosquito wings can beat 500 times per second.	27	28	29	30	31 Halloween 



A BULL'S-EYE RASH IS ONE OF THE FIRST SIGNS OF LYME DISEASE.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Savings Time Ends	2	3	4	5 	6	7 Not everyone develops the bull's-eye rash.
8	9	10	11 Veteran's Day	12	13	14
15	16 Clear tall brush and grass around your home.	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day	27	28
29	30					

## WHAT IS LYME DISEASE?

**Lyme disease** is a bacterial infection that is transmitted to people by the bite of an infected black-legged (deer) tick. Ticks become infected by biting rodents, especially white-footed mice, that are carrying the disease. Tick activity is all year long with higher tick activity in the spring and summer. Ticks feed slowly and infected ticks will not transmit disease until they have been attached for several hours. See a physician if you experience symptoms of Lyme disease and found an attached tick on yourself in the last few months.

# December 2009



WHILE VISIONS OF BLOOD MEALS DANCED IN THEIR HEADS.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Mosquitoes can be found in sheds, barns or other buildings, during the winter.

1

2

3

Remove ticks promptly.

4

5

6

There are over 800 species of ticks in the world.

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21 First Day of Winter

22

One old tire can produce 1000's of mosquitoes!

23

24



25 Christmas Day

26

27

28

29

30

31 New Year's Eve

HAPPY NEW YEAR!

JUST SAY



# KNOW

- ★ DRESS PROPERLY
- ★ ELIMINATE STANDING WATER
- ★ USE REPELLENTS
- ★ AVOID TICK AREAS
- ★ FIGHT THE BITE!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

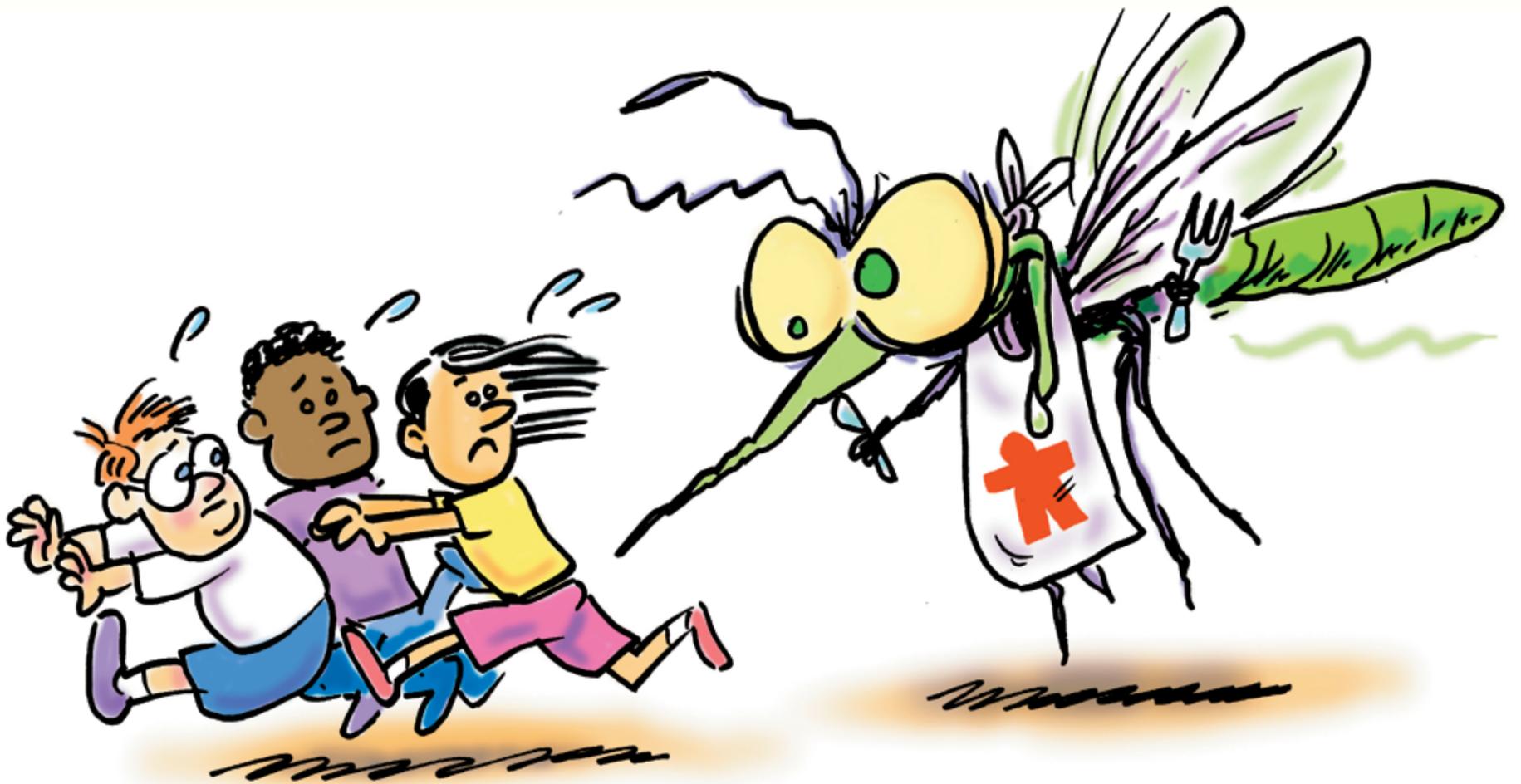
## Planning YOUR 2010 GARDEN?

Don't forget our tips for tick-free landscaping and a mosquito-free home. Visit our Web site at [www.fairfaxcounty.gov/fightthebite](http://www.fairfaxcounty.gov/fightthebite) or contact us via email at [fightthebite@fairfaxcounty.gov](mailto:fightthebite@fairfaxcounty.gov).



3	4	5	6	7	8	9
10 Ticks lay 3,000 eggs.	11	12	13	14	15	16
17	18 Martin Luther King Jr. Day	19	20	21	22	23 Watch out for ticks in the woods.
24 31	25	26	27	28 	29	30

**DON'T BE MOSQUITO MEAT!  
USE DEET**



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

DEET, Picaridin, Oil of Lemon Eucalyptus, and IR3535 repel mosquitoes.

**1**

**2** Groundhog Day

**3**

**4**

**5**

**6**

**7**

**8**

**9**

Mosquitoes transmit heartworm to dogs.

**10**

**11**

**12**

**13**

**14** Valentine's Day

**15** President's Day

**16**

**17**

**18**

**19**

Female wing beats attract male mosquitoes.

**20**

**21**

**22**

**23**

Mosquitoes lay 200-300 eggs at a time.

**24**

**25**

**26**

**27**

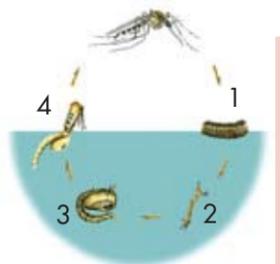
**28**

**MOSQUITO LIFE CYCLE**

There are four stages in the life of a mosquito: egg, larva, pupa and adult.

1. Mosquitoes eggs are laid so that they hatch in water.
2. A larva emerges from the egg and feeds and grows in the water for about a week.

3. The larva then turns into a pupa, which is also found in water but does not feed.
4. After about two days, the adult mosquito that has developed inside the pupa will emerge into the familiar flying form.



# March 2010



YOU'LL FIND MORE THAN GOLF BALLS IN THE ROUGH.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	West Nile virus was first detected in the U.S. in 1999! 5	6
7	Fight the Bite! 8	9	 10	11	12	13
14 Daylight Savings Time Starts	15	16	17 St. Patrick's Day	18	19	20 First Day of Spring
21	22	23	24	25	26	27
28	29	30	Ticks do not fly or jump. 31	<p><b>DRESS TO PROTECT!</b> Wear long, loose, and light-colored clothing while outdoors so that you can spot ticks and mosquitoes easily.</p>		

# April 2010



**DON'T LET TICKS AND MOSQUITOES MAKE A FOOL OUT OF YOU!**

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

Use repellent! DEET, Picaridin, Oil of Lemon Eucalyptus or IR3535 are all good choices. Dress appropriately! Wear long, loose, and light-colored clothing during all outdoor activities.

				1 April Fool's Day	2	3
4	5	6	7	8	9	10
11	12	13 Culex mosquitoes breed in storm drains.	14	15	16	17
18 Say NO to MOsquitoes!	19	20	21	22 Earth Day	23	24
25	26	27	28	29	30 Plant a deer-resistant tree.	

# May 2010



THE FAIRFAX COUNTY HEALTH DEPARTMENT WILL IDENTIFY TICKS FOR YOU.

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

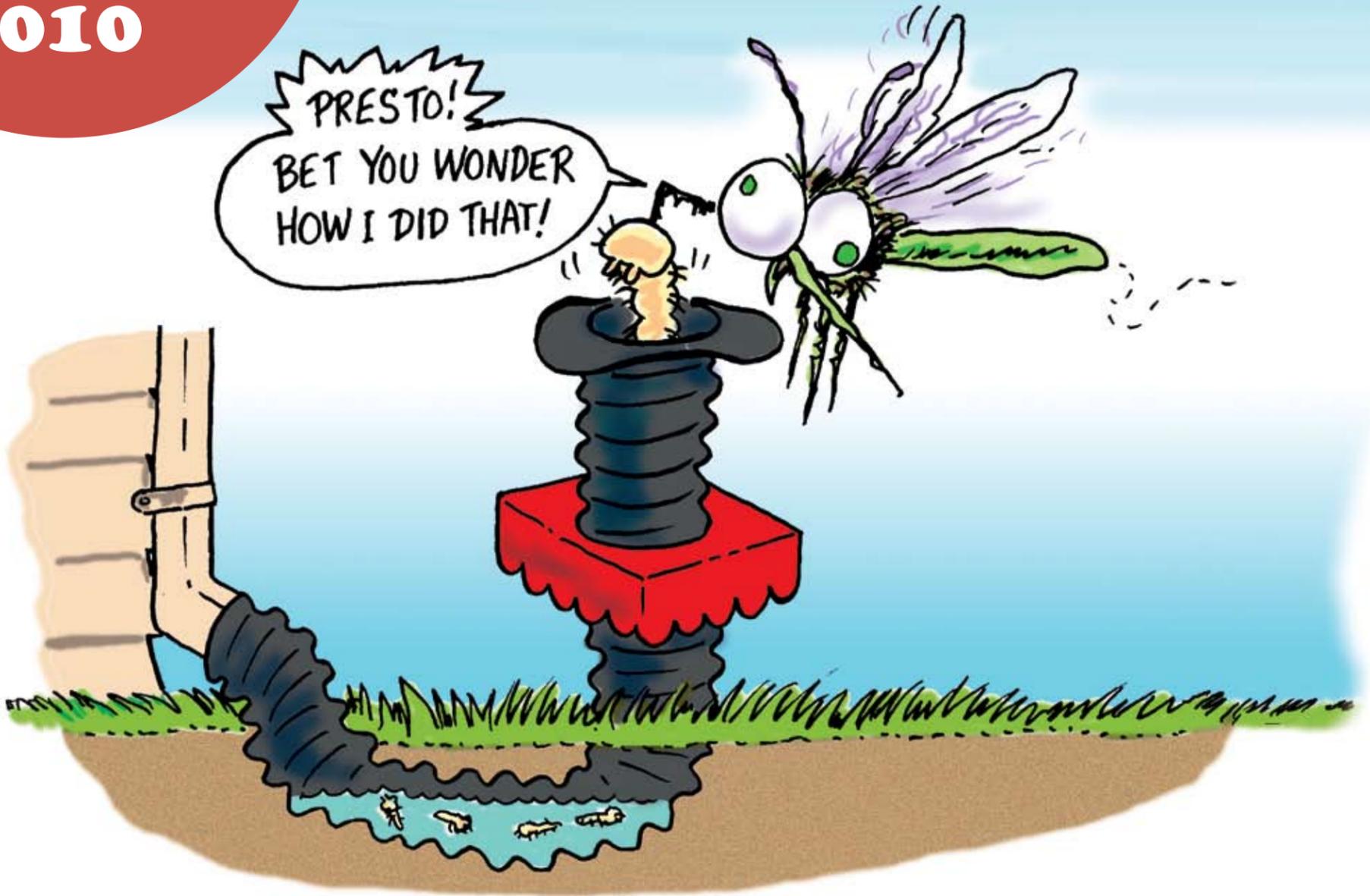
## MAY IS LYME DISEASE AWARENESS MONTH!

The first sign of **Lyme disease** is usually a bull's-eye rash; although, not all persons develop this rash. Infected persons often experience a variety of symptoms including fatigue, chills, fever, headache, muscle and joint aches, swollen lymph nodes, loss of muscle tone, neck stiffness, shooting pains, heart palpitations, and dizziness. An untreated infection may cause intermittent bouts of arthritis with severe joint pain and swelling, and neurological or cardiovascular problems for months after infection. If you experience these symptoms, with the history of arecent tick bite, contact your physician.

1						
2	3	4	5	6	7 Mosquito and tick season is here!	8
9 Mother's Day	10	11	12	13 	14	15
16	17 Black-legged (deer) ticks transmit Lyme disease.	18	19	20	21	22
23	24	25	26	27	28	29 DEET repels ticks and mosquitoes!
30	31 Memorial Day					



# June 2010



IT'S NO MAGIC TRICK! MOSQUITOES BREED IN YOUR DRAIN PIPES.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ELIMINATE standing water!</b>		1	2	3	4 Fight the Bite at summer concerts and fairs.	5
6	7	8 Adults should apply repellents to kids.	9	10	11	12
13	14	15	16	17	18	19 Eliminate standing water every week!
<b>National Mosquito Control Awareness Week</b>						
20 Father's Day	21 Summer Begins	22	23	24	25	26
27	28	29	30	<p>Black corrugated drain pipes are common breeding sites for the Asian tiger mosquito. Place pipes so they do not hold water, or treat with a larvicide.</p> <p>Larvicides kill mosquitoes when they are in the larval stage of the life cycle. Look for products containing <i>Bti</i> (<i>Bacillus thuringiensis</i> var. <i>israelensis</i>) in your hardware store or garden center. <i>Bti</i> is a naturally occurring bacteria that will not harm your kids or pets.</p>		





Sunday

Monday

Tuesday

Wednesday

Thursday

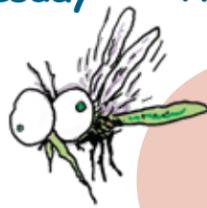
Friday

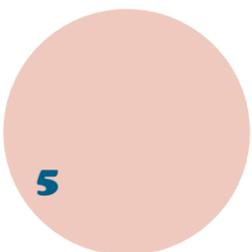
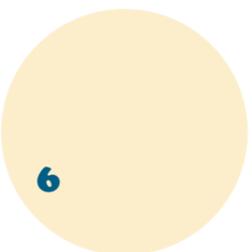
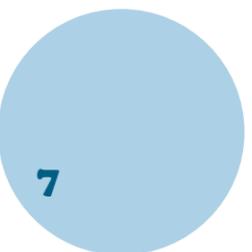
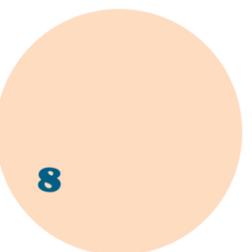
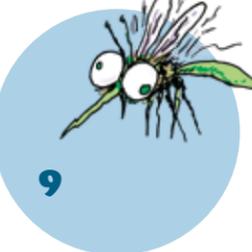
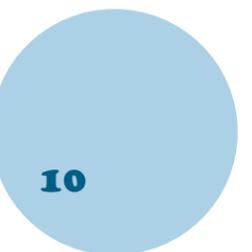
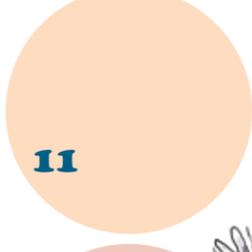
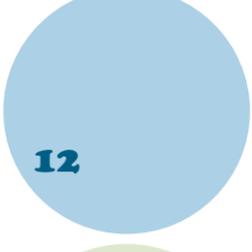
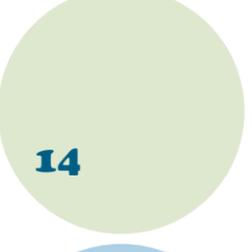
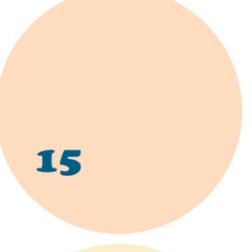
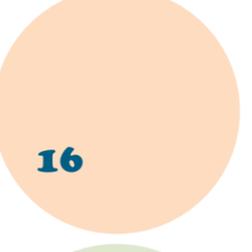
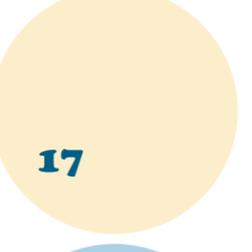
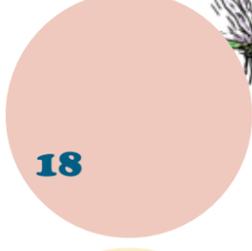
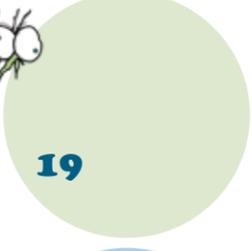
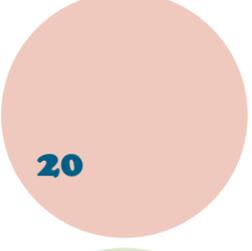
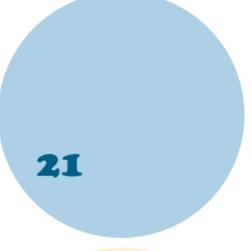
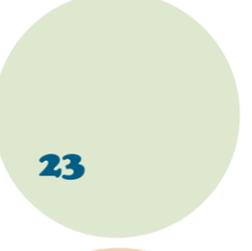
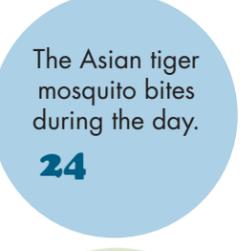
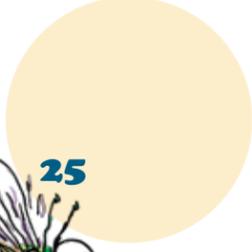
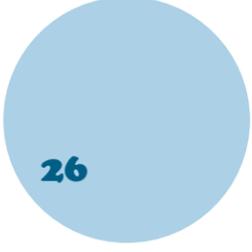
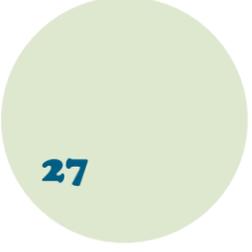
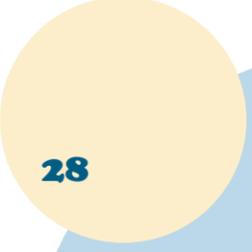
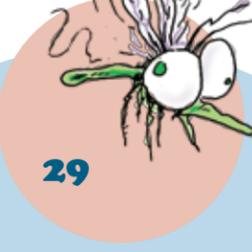
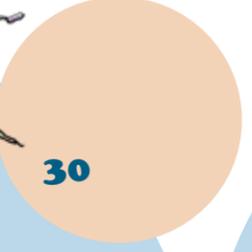
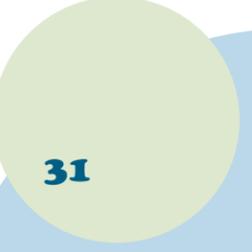
Saturday

### DOES YOUR YARD NEED A CLEANUP?

A clean, well-drained yard is NOT attractive to mosquitoes. Check your yard every week for mosquito breeding sites.

Can you find the breeding sites in this picture?



 <p>4 Independence Day</p>	 <p>5</p>	 <p>6</p>	 <p>7</p>	 <p>8</p>	 <p>9</p>	 <p>10</p>
 <p>11</p>	 <p>12</p>	 <p>Mosquito Dunks® can kill larvae.</p> <p>13</p>	 <p>14</p>	 <p>15</p>	 <p>16</p>	 <p>17</p>
 <p>18</p>	 <p>19</p>	 <p>20</p>	 <p>21</p>	 <p>22</p>	 <p>23</p>	 <p>The Asian tiger mosquito bites during the day.</p> <p>24</p>
 <p>25</p>	 <p>26</p>	 <p>27</p>	 <p>28</p>	 <p>29</p>	 <p>30</p>	 <p>31</p>

Solution: 1. Tire 2. Bird Bath 3. Roofgutters 4. Wading pool 5. Watering can 6. Flower Pot 7. Corrugated pipe



# August 2010



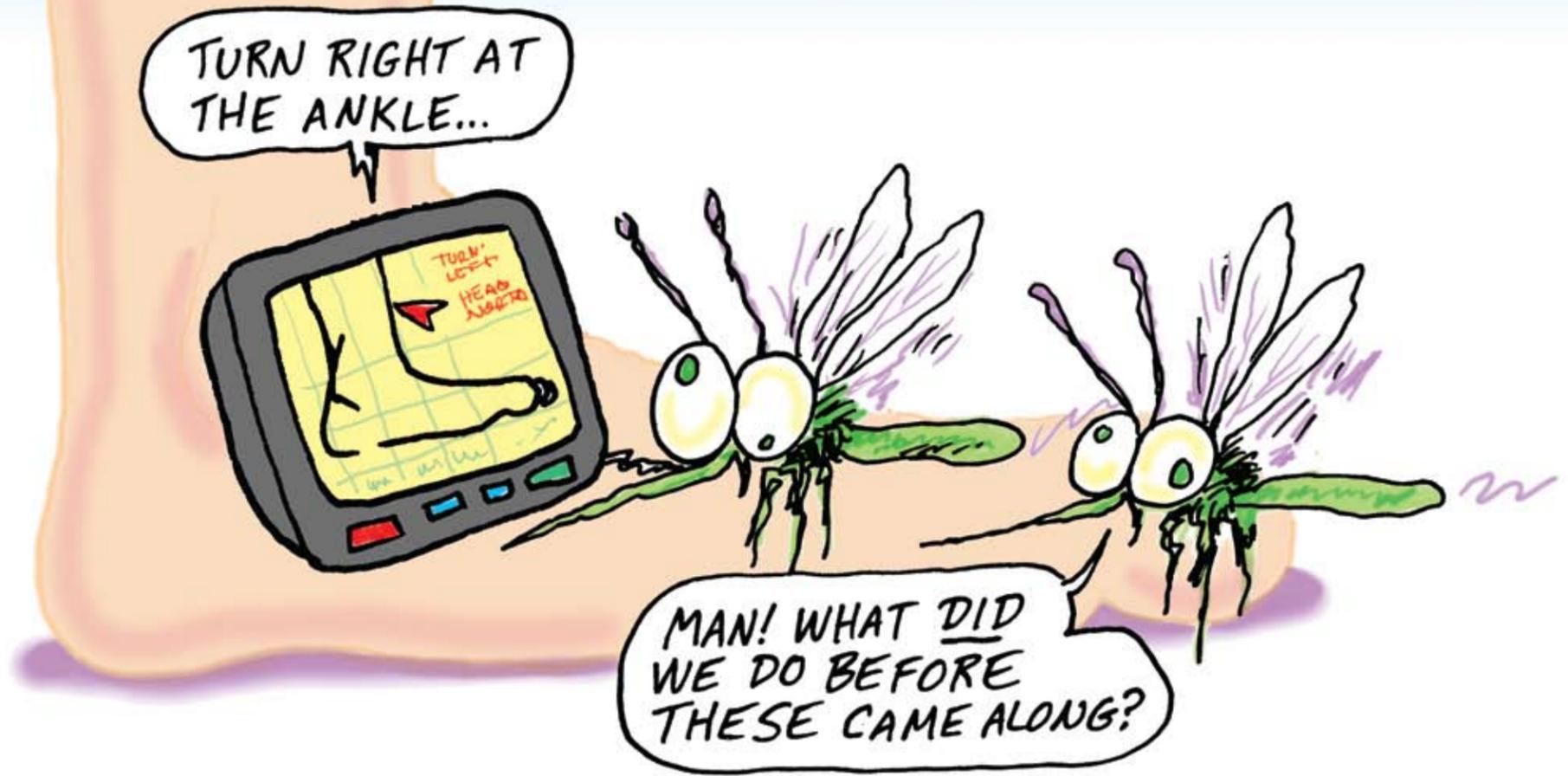
**DRESS PROPERLY! WEAR LONG, LOOSE, AND LIGHT-COLORED CLOTHING.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 Risk for WNV is high in August.	4	5	6	7
8	9	10	11	12 	13	14
15	16	17	18	19	20 Recycle old tires. Call (703) 324-5230.	21
22 Do a tick check.	23	24	25	26	27	28
29 	30	31				

### SYMPTOMS OF WEST NILE VIRUS

**Serious symptoms in a few people:** About one in 150 people infected with West Nile virus will develop severe illness. Symptoms may include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness or paralysis. These symptoms may last several weeks and neurological effects may be permanent. West Nile virus infection can be fatal. **MILDER SYMPTOMS in some people:** Up to 20 percent of people infected with West Nile virus develop West Nile fever, symptoms of which may include fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach or back. Symptoms may last a few days to several weeks. **NO SYMPTOMS in most people:** Approximately 80 percent of people who are infected with West Nile virus will not show any symptoms at all.

# September 2010



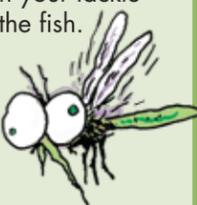
USE REPELLENT! IT WILL MAKE YOU INVISIBLE TO MOSQUITOES AND TICKS.

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

## ENJOY THE GREAT OUTDOORS!

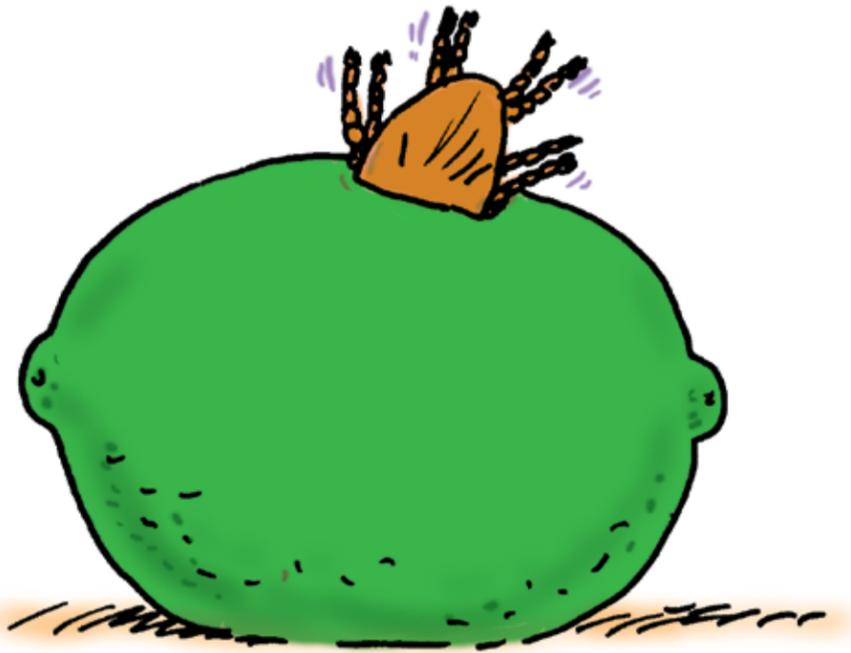
Use proper armor to defend yourself from outdoor pests—repellent can help keep the mosquitoes and ticks off of you!

			1	2	3	4
5	6 Labor Day	7	8	9	10 1 pound = more than 180,000 mosquitoes	11
12	13	14 WNV is a flavivirus.	15	16	17	18
19	20	21	22	23 First Day of Autumn	24	25
26 Crane flies look like BIG mosquitoes.	27	28	29	30	<b>HOOKED ON FISHING?</b> Don't be the bait – put repellent in your tackle box and save the biting for the fish.	



# October 2010

NO, YOU FOOL!  
L-Y-M-E!!



## DON'T GET SICK FROM THE BITE OF A TICK.

Sunday

Monday

Tuesday

Wednesday

Thursday

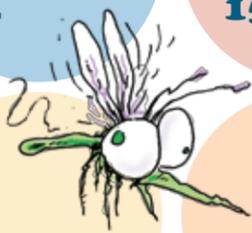
Friday

Saturday

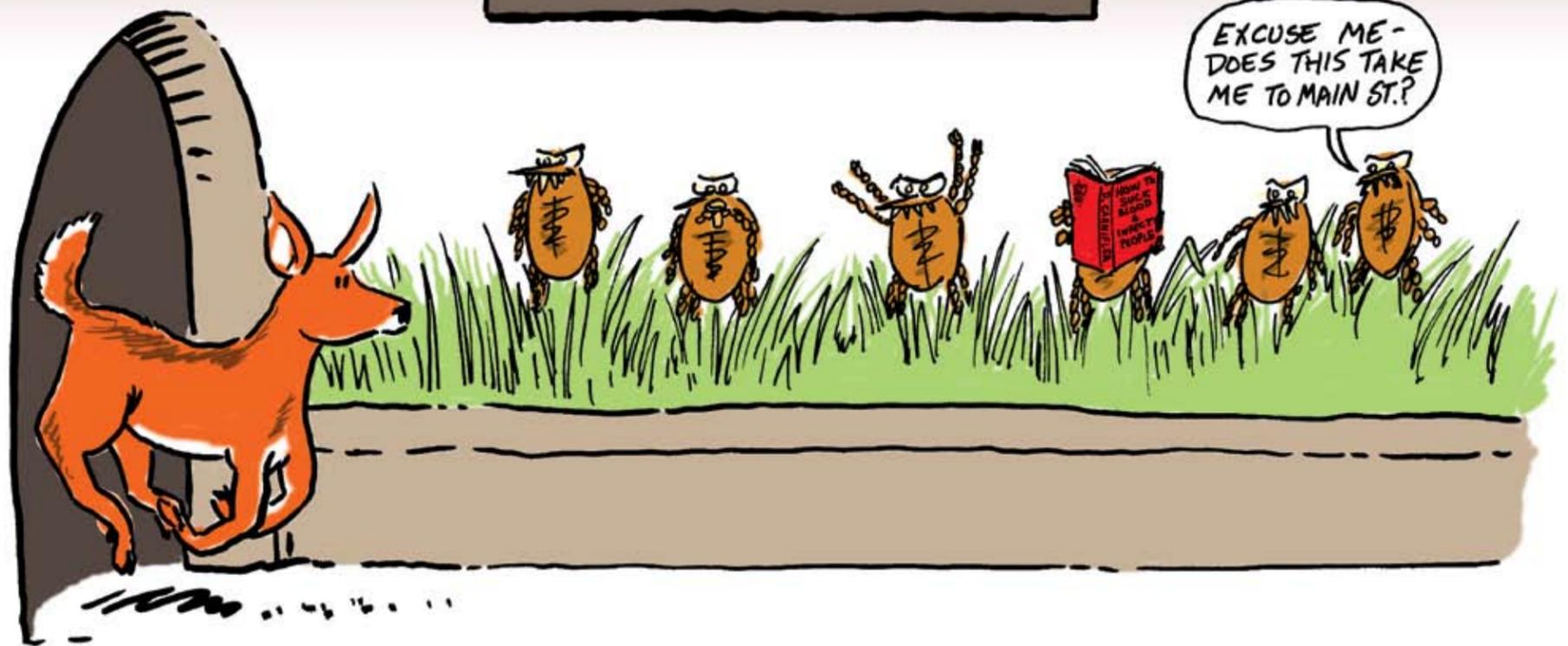


Avoiding ticks and mosquitoes doesn't mean that kids have to stay inside in front of the TV. Get them outside and playing, but remember – a couple of seconds applying an effective repellent to exposed skin and clothing will help everyone stay healthy.

Mosquitoes and ticks bite on warm days.

1	2					
3	4	5 Got a bull's-eye rash? See a physician.	6	7	8	9
10	11 Columbus Day	12	13	14	15	16
17	18	19	20	21 	22	23 Rake, remove or compost leaves!
24 	25	26	27	28	29	30
31 Halloween						

## LYME EXPRESS



DEER ARE THE METRO SYSTEM FOR TICKS.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1

2

Vaccinate dogs against Lyme disease.

3

4

5

6

7 Daylight Savings Time Ends

8

9

10

11 Veteran's Day

12

Lyme disease is caused by *Borrelia burgdorferi*.

13

14

15

Check for ticks after hiking or playing in wooded areas.

16

17

18

19

20

21

22

23

24

25 Thanksgiving Day

26

27

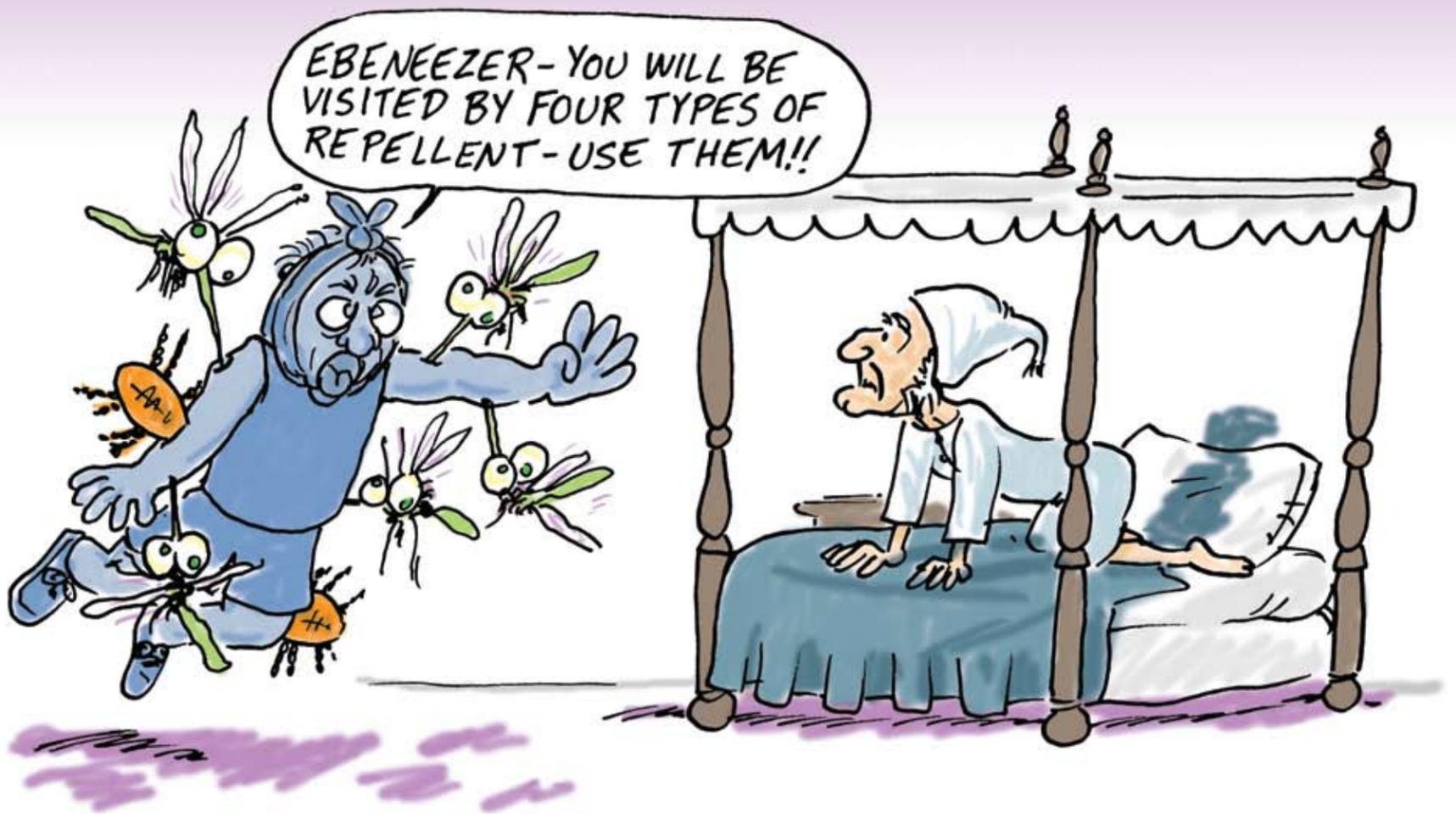
28

29

30

Repellents containing DEET provide you with protection from mosquitoes and ticks.

# December 2010

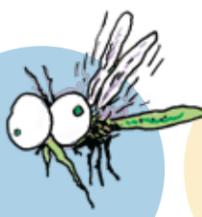


## DON'T BE A SCROOGE. USE REPELLENT!

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

### CHOOSE THE REPELLENT THAT'S RIGHT FOR YOU!

DEET is effective against mosquitoes and ticks. Picaridin, Oil of Lemon Eucalyptus and IR3535 are all effective against mosquitoes, and may be effective against ticks.

			1	2 DEET is safe for children over 2 months of age.	3	4
5	6	7 	8	9	10	11
12 Don't be mosquito meat, use DEET!	13	14	15	16 	17	18
19	20	21 First Day of Winter	22	23	24 Repellents are a great stocking stuffer!	25 Christmas Day
26 	27	28	29	30	31 New Year's Eve	