



www.hawaii.gov/health

For more information, contact the Hawaii State Department of Health
Oahu: 586-4586
Big Island: 933-0912
Maui, Molokai, Lanai: 984-8213
Kauai: 241-3563

For more information on mosquito control, contact the Vector Control Branch Offices:

Oahu: 483-2535
Maui/Lanai: 873-3560
Molokai: 553-3208
Kauai: 241-3306
Hilo: 974-4238
Honokaa: 775-8860
Kona: 322-1507

Fight the bite

*Protect Yourself, Protect Hawaii
from West Nile Virus
and Dengue Fever*

We provide access to our activities without regard to race, color, national origin (including language), age sex, religion or disability. Write or call our Affirmative Action Officer P.O. Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice) within 180 days of a problem.

'Apapane photo: © Jack Jeffrey



State of Hawaii
Department of Health

11/06/50M

Fight the Bite!

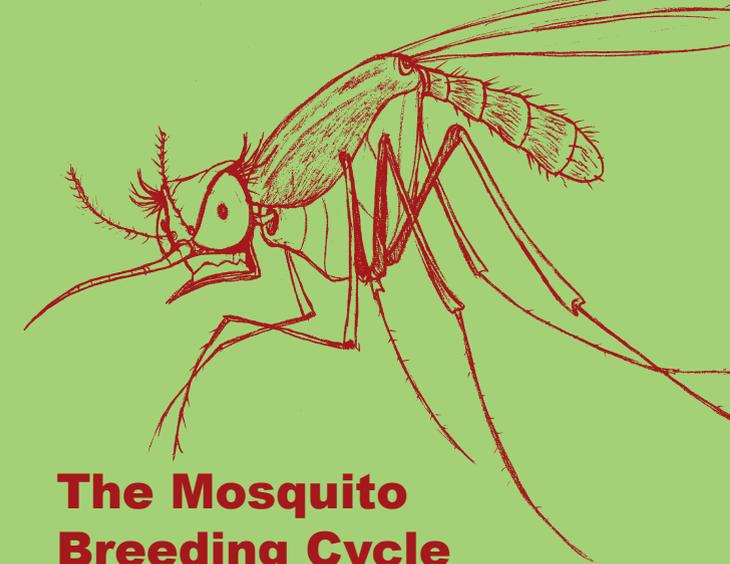
Though mosquitoes are just tiny insects, they're capable of packing a big wallop! Mosquitoes can carry diseases that could cause serious illnesses to humans and animals. By knowing how to control mosquito breeding areas, and to protect from being bitten, we can help to prevent the damage these critters can cause.

Hawaii was once a mosquito-free paradise..until 1826 when a whaling ship accidentally brought mosquito larvae in water barrels. Our climate proved to be a perfect host, and the mosquito populations boomed.

Hawaii has 6 different kinds of biting mosquitoes—four that bite in the day, and two that bite at night. They've got us covered! We also have a year-round mosquito season, which puts us more at risk if a new mosquito-borne disease arrives.

Protect Yourself

- Apply insect repellent when you're outdoors. Always follow directions for using repellents—especially on small children.
- Clothing, such as long pants, long sleeve shirts and socks, can help protect from bites.
- Avoid activities in areas where there are lots of mosquitoes, and going outdoors at dawn and dusk when mosquito activity is at its highest.



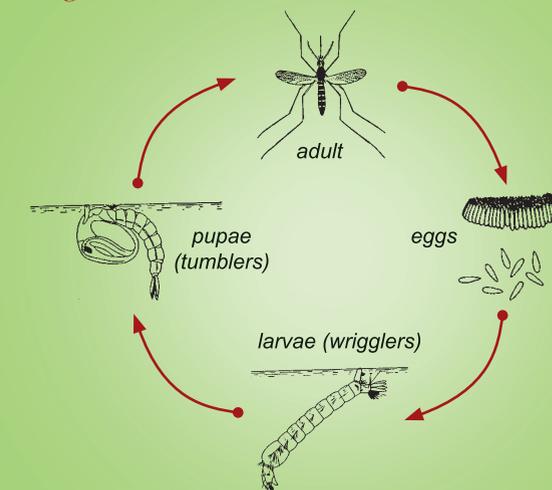
The Mosquito Breeding Cycle

It's better and easier to control mosquitoes before they hatch and become flying adults.

Mosquitoes need standing water to lay their eggs, so by getting rid of standing water around your house you can greatly reduce the number of mosquitoes.

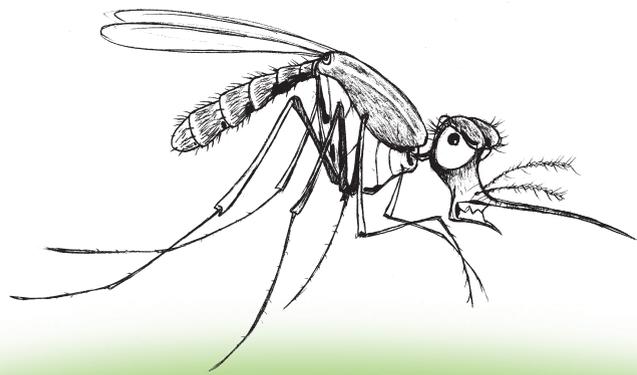
One female mosquito can lay 100-300 eggs at a time and might average 1,000-3,000 offspring during her life span. Adult mosquitoes live about 2-3 weeks.

Most mosquitoes remain near their breeding site, so if a disease is reported, control efforts can be targeted.



Two mosquito-borne diseases of concern to Hawaii are **Dengue Fever** and **West Nile Virus** because of the impact they might have on people and wildlife.

People infected by mosquito-borne illnesses can have a wide range of symptoms. Many will have no symptoms at all. Those who do become ill usually have a mild, flu-like reaction with fever, headache and body aches. Sometimes they may also develop a skin rash or swollen glands. Rarely, infection can result in more serious illnesses that may be marked by high fever, disorientation, coma, convulsions, and paralysis that may be fatal. Consult your physician if you develop these symptoms.

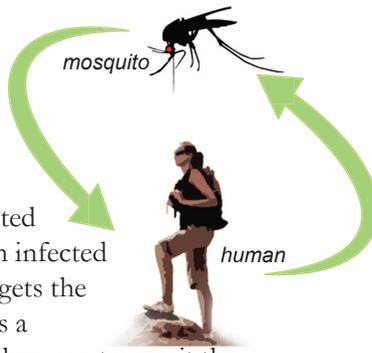


There are currently no vaccines to treat Dengue Fever or West Nile Virus. Since these diseases are caused by a virus, not a bacteria, antibiotics will not help. Though there is no specific treatment, checking with your doctor is important.

Mosquito-borne illnesses are spread by infected mosquitoes, and do not move human-to-human. Mosquitoes do not transmit the AIDS virus.

Dengue Fever

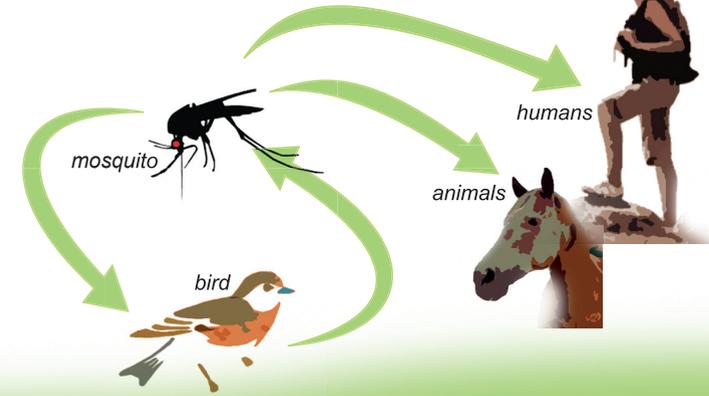
Dengue Fever is transmitted to people by the bite of an infected mosquito. The mosquito gets the dengue virus when it bites a dengue-infected person, then can transmit the virus to a healthy person. Dengue cannot be spread directly from person-to-person.



West Nile Virus

WNV is spread by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite.

Although WNV is generally *not* spread from human-to-human, in very rare cases, it has been passed through blood transfusions, organ transplants, breast feeding, and even during pregnancy from mother to baby. WNV is not spread through casual contact such as touching or kissing a person with the virus.



A mosquito feeding on an 'apapane, a native Hawaiian bird.

Because WNV can be carried by birds, it is a much harder disease to control once it arrives. Unlike dengue, which mostly affects humans, WNV can cause serious problems for animals, especially horses and birds. Our native Hawaiian birds face a very high risk of death from WNV.

West Nile Virus is a completely different disease than Avian Influenza (bird flu). Bird flu is NOT transmitted by mosquitoes.

CALL 211 To Report Dead Birds

Dead birds might mean that West Nile Virus is in that area. The public can play an important role by reporting dead birds to the Department of Health.

Don't Let Mosquitoes Bug You!

Mosquitoes need standing water to breed. Here's some things you can do to reduce mosquitoes around your home.



Clean your gutters so water runs freely.

Fix screens to keep mosquitoes out of your homes.

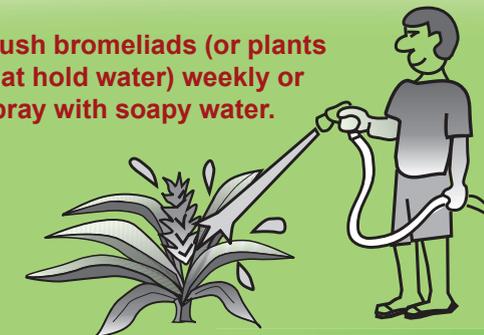


Turn over or throw away anything that collects standing water. Change water in flower vases frequently.



Dispose of old tires or drill them with holes to prevent standing water.

Flush bromeliads (or plants that hold water) weekly or spray with soapy water.



Fix leaky faucets.

