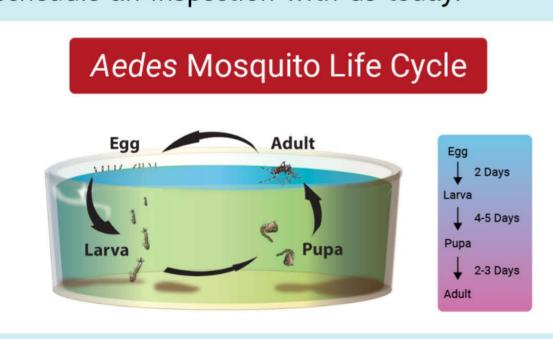
## The Valley Buzz! Mosquitoes are in high gear!

The extended cool period we enjoyed through June seems like ages ago, with the scorching 100+ degree days and hot nights we've experienced over the last couple weeks! Mosquito breeding is noticeably higher, driven into quick metamorphosis by these hot temperatures.

Mosquitoes start as an egg, laid onto the surface of or near a stagnant water source. They emerge from the egg as a tiny worm-like critter called a wriggler (called so by their zig-zag pattern of movement). Barely noticeable by the eye, these wrigglers eat the bacteria and algae in stagnant water, shed their skins and grow larger until just like a butterfly – they are ready to go into a cocoon, or pupa, in order to rearrange themselves into a flying adult. Pupa are called tumblers, they "somersault" through the water, and breathe air by poking their trumpets out of the water. When the adult mosquito is ready to emerge, they break out of the top of their cocoons and rest on the surface of the still water, stretching out their newly formed wings and body parts.

## AEDES MOSQUITO LIFE CYCLE

This entire amazing process can be completed in as little as five (5) days, especially in the kind of heat we've been experiencing! This is why it is so important to check your area weekly and drain any water that may be accumulating. Of course, our Technicians are masters at identifying these standing water sources, so if you're having trouble with mosquitoes, schedule an inspection with us today!





Aedes aegypti lay their eggs on the sides of containers instead of bundles on the surface of the water. Dump and scrub containers to help reduce these aggressive biters!

The picture on the right are mosquito larvae from a bucket. The large dark spot near the center is an egg raft (bundle of laid eggs).

## MALARIA IN THE NEWS

The nation now has eight (8) cases of locally-transmitted malaria from Florida and Texas, the first known locally acquired cases in twenty (20) years. Normally, malaria infections are attributed to traveling outside of the U.S. Malaria is a parasitic disease transmitted by the bite of Anopheline mosquitoes (a specific group of mosquitoes). There are several species of malaria parasite. The type seen in these U.S. cases is called Plasmodium vivax, which is known to cause less severe symptoms in people. The most common symptoms of infection are a sudden onset of fever, fatigue, sweating, and muscle pain.

While we do have *Anopheline* mosquitoes within the District, the likelihood of transmission is very low. In 2022, *Anopheline* mosquitoes made up less than 2 percent of the mosquitoes the District collected, and we capture thousands! First, a person already carrying the parasite must be bitten by one of these rarer mosquitoes to be able to infect the next person they bite; Then another person would have to be bitten by that same mosquito. The scarcity of these mosquitoes in our area makes the odds of this happening very low.

Best practices for limiting your risk of mosquito bites apply here as well.

Wear a CDC recommended and EPA registered repellent (the active ingredients DEET, Picaridin, Oil of Lemon Eucalyptus, and IR3535 are effective), wear long pants and shirts when reasonable,

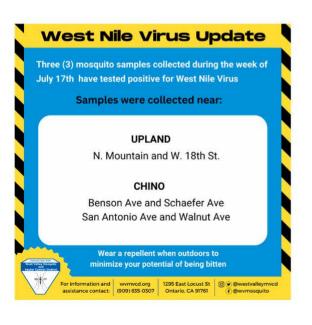
and limit standing water around the home.

## STAY UP TO DATE ON MOSQUITO ACTIVITY

Our excellent laboratory staff and equipment allow us to very rapidly see what's going on with our mosquito populations.

Staff test thousands of mosquitoes weekly for the presence of West Nile virus and other mosquito-borne diseases. It is outreach's job to get that info to you!

With the discovery of mosquitoes carrying West Nile virus last week, we want to remind our residents to follow us on social media and visit our website on Friday afternoons for the latest updates on vector-borne disease in our area. We will continue posting weekly throughout the mosquito season so our residents have up-to-date information.





A sample of our posts we use to keep our residents informed!

West Valley Mosquito