西尼羅河病毒

西尼羅河病毒是可以預防的！採取3個步驟來減少蚊子叮咬的機會。

1 消除你房子附近蚊子繁殖的棲所

- 每星期將大桶/小桶/手推車中的水倒空
- 將玩具/鐵罐等容器中的水倒空
- 在孩子的軟塑水池不用時，將其中的水倒空
- 清潔花園的池塘
- 將廢舊車胎丟掉ð
- 至少每星期將鳥澡盤和動物飲水槽換一次水
- 回收舊瓶子和鐵罐ð
- 將花盆墊盤中的水倒空
- 倒掉防水布和塑膠布上的積水
- 用隔網將雨桶罩住
- 幫助長者/病弱鄰居或親戚採取這些行動

2 家居預防

- 清理乾淨被樹葉堵塞住的屋檐水槽
- 修理好漏水的戶外水龍頭
- 修理好有裂縫的窗戶和門的紗窗，確保紗窗合套扣緊
- 考慮為經常打開的門安裝紗窗

3 蚊子叮咬時的個人保護措施

- 穿長褲和長袖衣服
- 考慮使用驅蚊液
- 驅蚊液與 DEET 一起使用較有效
  - 按標籤上的說明小心使用

公共衛生部想聽到你的聲音

如果你發現死烏鴉、藍松雞或渡鴉，請寫下你發現它們的地點和時間，然後打電話給您當地的衛生部門報告此事。在某些情況下，您當地的衛生部門會撿回這些鳥做檢驗。但在大多數情況下，他們會請你把它們丟進你的垃圾箱裏。

如何處理死鳥

烏鴉和其他動物不會直接將西尼羅河病毒傳播給人。你祇有在被感染的蚊子叮咬後才會得病。即使如此，切勿接觸死鳥 – 戴上手套或用鏟子將死鳥裝進兩層的塑膠袋子，然後將其丟進垃圾箱。

與蚊蟲作鬥爭

若要了解更多有关西尼羅河病毒的情況：
请浏览网站www.doh.wa.gov/wnv
或致电1-866-78VIRUS

Washington State Department of Health

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西雅圖與King縣 - 公共衛生部謹示

Washington State Department of Health

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