

BBHCA eNews

JUNE 2012



Primary Election is June 12

Democratic and Republican primary elections will be held in Fairfax County on **Tuesday, June 12**. Polls will be open 6 am to 7 pm. Many polls are located in Fairfax County Public Schools, which will be in session. Voters should use caution when parking at schools, especially during the early morning and afternoon hours when buses will be dropping off and picking up students.

Please review your most current voter registration card to ensure you go to the correct polling place and know in advance your slate of candidates, which may have been affected by the recent redistricting. You also can check online at the [Virginia State Board of Elections](#) or call the Fairfax County Office of Elections at 703-222-0776, TTY 711.

Republican primary:

- Countywide (8th, 10th and 11th Congressional Districts)
 - Republican candidate for U.S. Senate.
- 11th Congressional District
 - Republican candidate for U.S. House of Representatives.

Democratic primary:

- 8th Congressional District
 - Democratic candidate for U.S. House of Representatives.

Voters in the 8th Congressional District [ed., includes Brookland-Bush Hill] may cast a ballot in either the Republican or Democratic primaries, but not both.

>> For more information on voting and the June 12 primary, visit the [Fairfax County Office of Elections](#), or call 703-222-0776, TTY 711.

Cooling Assistance and Fan Care Programs

http://www.fairfaxcounty.gov/dfs/ss/cooling_assistance.htm

Fairfax County residents who need help to keep their homes cool this summer and prevent a health emergency resulting from extreme heat may be able to get assistance from two programs locally administered by the County's Department of Family Services.

The Cooling Assistance Program

The Cooling Assistance program, a federally funded program, helps eligible low-income households with at least one person considered especially vulnerable to heat: a child under age six, a disabled individual, or an adult age 60 or older. Cooling assistance can be used to help with:

- Payment of electric bills to operate cooling equipment.
- Payment of security deposits for electricity to operate cooling equipment.
- Repair of a central air conditioning system or heat pump.
- Purchase of a whole-house fan, including ceiling or attic fans.



- Purchase and installation of one window unit air conditioner for households where there is no unit or where the unit must be replaced.

Applications for the Cooling Assistance Program will be accepted from June 15 through August 15.

Apply Online at <http://www.fairfaxcounty.gov/dfs/apply/>

- or -

For more information or an application form, visit the Virginia Department of Social Services Cooling Assistance page. Then complete the application and fax it along with a copy of your current electric bill and a pay stub to 703-653-1355.

You can also mail it along with the other documentation to:

Fairfax County Department of Family Service - Pennino Building
c/o Energy Assistance
12011 Government Center Parkway, Suite 232
Fairfax, VA 22035

You may also request an application by calling 703-787-3100; TTY: 711 or pick one up at any of the county's DFS offices:

- Fairfax - Pennino Building, 2nd floor, 12011 Government Center Parkway
- Falls Church, 6245 Leesburg Pike (Route 7), 2nd floor, Falls Church
- Reston - Lake Anne Office Building, 4th floor 11484 Washington Plaza West, Reston
- Richmond Highway/Alexandria - South County Center, 8350 Richmond Hwy (Rt. 1), 4th floor

Get this information as a flyer in pdf form in English and Spanish.

The Fan Care Program

The Fan Care program is another way to help older Fairfax area residents stay safe in the summer heat. This electric fan distribution program, sponsored by Dominion Virginia Power in partnership with the Virginia Department for the Aging, annually provides about 200 free fans and/or window air conditioners to eligible senior adults in the Fairfax area.

To qualify for Fan Care, a person must be at least 60 years old, need a fan to prevent heat-related health problems and meet income eligibility requirements. Not everyone in the home needs to be an older adult to qualify for a fan, but all incomes must be counted. There is a limit of one fan per household.

The Fan Care program begins on June 1 and runs through the end of September. To request an application, call the Fairfax County's Department of Family Services – Fairfax Area Agency on Aging at 703-324-7694, TTY 703-449-1186.



CDC FACT SHEET

West Nile Virus: What You Need To Know

http://www.cdc.gov/ncidod/dvbid/westnile/wnv_factSheet.htm

What Is West Nile Virus?

West Nile virus (WNV) is a potentially serious illness. Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall. This fact sheet contains important information that can help you recognize and prevent West Nile virus.

What Can I Do to Prevent WNV?

The easiest and best way to avoid WNV is to prevent mosquito bites.

- When you are outdoors, use insect repellent containing an EPA-registered active ingredient. Follow the directions on the package.
- Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

What Are the Symptoms of WNV?

- **Serious Symptoms in a Few People.** About one in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.
- **Milder Symptoms in Some People.** Up to 20 percent of the people who become infected have symptoms such as fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy people have become sick for several weeks.
- **No Symptoms in Most People.** Approximately 80 percent of people (about 4 out of 5) who are infected with WNV will not show any symptoms at all.

How Does West Nile Virus Spread?

- **Infected Mosquitoes.** Most often, 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.
- **Transfusions, Transplants, and Mother-to-Child.** In a very small number of cases, WNV also has been spread through blood transfusions, organ transplants, breastfeeding and even during pregnancy from mother to baby.
- **Not through touching.** WNV is not spread through casual contact such as touching or kissing a person with the virus.

How Soon Do Infected People Get Sick?

People typically develop symptoms between 3 and 14 days after they are bitten by the infected mosquito.

How Is WNV Infection Treated?

There is no specific treatment for WNV infection. In cases with milder symptoms, people experience symptoms such as fever and aches that pass on their own, although even healthy people have become sick for several

weeks. In more severe cases, people usually need to go to the hospital where they can receive supportive treatment including intravenous fluids, help with breathing and nursing care.

What Should I Do if I Think I Have WNV?

Milder WNV illness improves on its own, and people do not necessarily need to seek medical attention for this infection though they may choose to do so. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.

What Is the Risk of Getting Sick from WNV?

- **People over 50 at higher risk to get severe illness.** People over the age of 50 are more likely to develop serious symptoms of WNV if they do get sick and should take special care to avoid mosquito bites.
- **Being outside means you're at risk.** The more time you're outdoors, the more time you could be bitten by an infected mosquito. Pay attention to avoiding mosquito bites if you spend a lot of time outside, either working or playing.
- **Risk through medical procedures is very low.** All donated blood is checked for WNV before being used. The risk of getting WNV through blood transfusions and organ transplants is very small, and should not prevent people who need surgery from having it. If you have concerns, talk to your doctor.

Pregnancy and nursing do not increase risk of becoming infected with WNV.

The risk that WNV may present to a fetus or an infant infected through breastmilk is still being evaluated. Talk with your care provider if you have concerns.

What Is the CDC Doing About WNV?

CDC is working with state and local health departments, the Food and Drug Administration and other government agencies, as well as private industry, to prepare for and prevent new cases of WNV.

Some things CDC is doing include:

- Coordinating a nation-wide electronic database where states share information about WNV
- Helping states develop and carry out improved mosquito prevention and control programs
- Developing better, faster tests to detect and diagnose WNV
- Creating new education tools and programs for the media, the public, and health professionals
- Opening new testing laboratories for WNV
- Working with partners on the development of vaccines

What Else Should I Know?

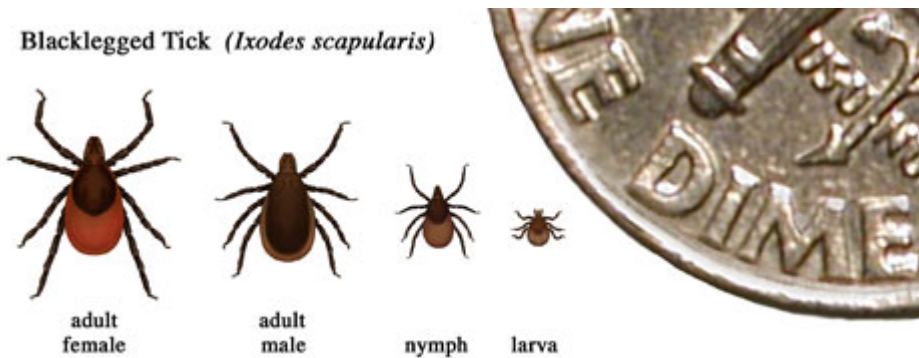
If you find a dead bird: Don't handle the body with your bare hands. Contact your local health department for instructions on reporting and disposing of the body. They may tell you to dispose of the bird after they log your report.

Warmer Spring Sees Increase In Ticks

Lyme disease transmission

<http://www.cdc.gov/Lyme/>

The Lyme disease bacterium, *Borrelia burgdorferi*, is spread through the bite of infected ticks. The blacklegged tick (or deer tick, *Ixodes scapularis*) spreads the disease in the northeastern, mid-Atlantic, and north-central United States, and the western blacklegged tick (*Ixodes pacificus*) spreads the disease on the Pacific Coast.



Ticks can attach to any part of the human body but are often found in hard-to-see areas such as the groin, armpits, and scalp. In most cases, the tick must be attached for 36-48 hours or more before the Lyme disease bacterium can be transmitted.

Most humans are infected through the bites of immature ticks called nymphs. Nymphs are tiny (less than 2 mm) and difficult to see; they feed during the spring and summer months. Adult ticks can also transmit Lyme disease bacteria, but they are much larger and may be more likely to be discovered and removed before they have had time to transmit the bacteria.

Typical symptoms include fever, headache, fatigue, and a characteristic skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system. Lyme disease is diagnosed based on symptoms, physical findings (e.g., rash), and the possibility of exposure to infected ticks; laboratory testing is helpful if used correctly and performed with validated methods. Most cases of Lyme disease can be treated successfully with a few weeks of antibiotics.

Steps to prevent Lyme disease include using insect repellent, removing ticks promptly, applying pesticides, and reducing tick habitat. The ticks that transmit Lyme disease can occasionally transmit other tickborne diseases as well.

For more information on Lyme disease, click on the link above.

Preventing Ticks on Your Pets

http://www.cdc.gov/ticks/avoid/on_pets.html

Dogs are very susceptible to tick bites and tickborne diseases. Vaccines are not available for all the tickborne diseases that dogs can get, and they don't keep the dogs from bringing ticks into your home. For these reasons, it's important to use a tick preventive product on your dog.

Tick bites on dogs may be hard to detect. Signs of tickborne disease may not appear for 7-21 days or longer after a tick bite, so watch your dog closely for changes in behavior or appetite if you suspect that your pet has been bitten by a tick.

To reduce the chances that a tick will transmit disease to you or your pets:

- Check your pets for ticks daily, especially after they spend time outdoors.
- If you find a tick on your dog, remove it right away.
- Ask your veterinarian to conduct a tick check at each exam.
- Talk to your veterinarian about tickborne diseases in your area.

- Reduce tick habitat in your yard.
- Talk with your veterinarian about using tick preventives on your pet.



EVENTS

- **Democrat and Republican Election Primaries**

Tuesday, June 12

6 am to 7 pm

Bush Hill Elementary School

<http://www.fairfaxcounty.gov/elections/>

- **Lee District Nights Concert Series**

Wednesdays thru August 29 (except July 4)

7:30 – 8:30 pm

Lee District Park Amphitheatre

<http://www.fairfaxcounty.gov/parks/performances/lee-nights.htm>

Welcome to Lee District Nights. This series of free public concerts located at Lee District Park features a wide variety of musical acts from jazz to big band, classic to bluegrass, and swing to folk and vintage rock 'n roll. We encourage you to enjoy an al fresco musical evening with family and friends. Bring a picnic dinner and a blanket and sit back and enjoy the show.

>> [Lee District Nights Brochure](#)

- **Citizens Advisory Council (CAC) Meeting**

Wednesday, June 20

6:30 pm to 8:30 pm

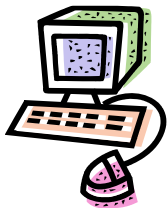
Helen Wilson Community Room, Lee District Government Center, 6121 Franconia Road

<http://www.fairfaxcounty.gov/police/stations/franconia/franstacac.htm>

Topic: Tactical Community Policing in Homeland Security

What is CAC? The purpose of the CAC is to:

1. Provide a forum for obtaining citizen input about the delivery of police services.
2. Provide a formalized process that will facilitate citizen and community cooperation with the police.
3. Identify specific and potential problem areas concerning the police.



LINKS TO KEEP

County Magazine

http://www.fairfaxcounty.gov/cable/channel16/county_mag.htm

Learn about a county initiative to make neighborhoods more bike-friendly. Limit your exposure to ticks this summer with tips from the Health Department. Come along as we check out fresh fruits, vegetables and homemade goodies at a local farmers market. See how Fairfax County's Office of Public-Private Partnerships is making communities better for everyone. Join us for a tour of the nation's premiere emergency response agency. And don't miss out on the summer long calendar of shows at neighborhood parks. (CC)

Channel 16 Schedule

- Sunday at 1:30 pm
- Monday at 6:30 pm
- Tuesday at 6:30 pm

- Thursday at 10:30 pm
- Friday at 3:30 pm
- Saturday at 3:30 pm

County Magazine can also be seen on your computer at the above days and times with [Live Video Streaming](#) or anytime with [Video on Demand](#).



Fairfax Summer Entertainment Series

<http://www.fairfaxcounty.gov/parks/performances/>

The Fairfax County Park Authority, in partnership with the Fairfax County Board of Supervisors and with generous contributions from local businesses and corporations, presents a summer-long calendar of shows, concerts and movies appropriate for you and your family. These concerts, held in local parks are the perfect place to bring a picnic dinner, blankets and lawn chairs to enjoy the best local and regional entertainers. Best of all, they are close to home and absolutely free! Performances range from children's puppet shows to big band, jazz, bluegrass, rock, classical and world music. For those who love a classic, enjoy a nostalgic return to the good old days and the drive-in theatre where you can view classic movies on a large, outdoor screen from the comfort of your car.

New this year is our weekly concert series held on Saturday evenings at Workhouse Arts Center at Lorton. We are also thrilled to present an evening of music at Arrowbrook Centre Park in Herndon on June 23rd.

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This electronic newsletter is sent to current members of the Brookland-Bush Hill Civic Association (BBHCA). If you do not wish to receive any e-mails from BBHCA, respond to membership@bbhca.org and enter "unsubscribe" in the subject line. The views expressed in eNews do not necessarily reflect the views of the Brookland-Bush Hill Civic Association or its Board of Directors.

Brookland-Bush Hill Civic Association

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