

## Water Conservation: FREQUENTLY ASKED QUESTIONS

### Why do we need sprinkling regulations when we have so much rain?

Our region's population has been increasing over the years, and during the summer months we generally have low rainfall and increased water demand for lawn and garden care. The GVRD has implemented sprinkling regulations since 1993 to help reduce the rate of water use, lower the risk of reservoir levels being depleted, and avoid more restrictive measures in the event of drought conditions.

### How much water do Lower Mainland residents use?

Although the average Lower Mainland resident uses more than 350 litres of water per day for activities such as washing dishes and clothes, showering, and flushing toilets, this rate can *easily double to 700 litres* when watering lawns and gardens.

### What are some ways that residents and businesses can conserve water?

There are many ways that we can conserve water, such as fixing leaks in the kitchen and bathroom, using low flow toilets and shower heads, and watering lawns sparingly.

For more information and tips on Water Conservation, visit the Greater Vancouver Regional District website at [www.gvrd.bc.ca/water/conservation.htm](http://www.gvrd.bc.ca/water/conservation.htm).

## Green Waste Management

The growing season is now upon us, and many residents will be generating more green waste. The 240-litre green waste cart provided to Port Coquitlam residents is designed to manage the green waste generated by the average household (consult your collection schedule for details). Please also consider other at-home green waste management options such as grass-cycling and backyard composting.

If you have an extraordinary amount of green waste, you may bring your extra yard trimmings to the **Coquitlam Construction Recycling and Yard Trimmings Facility** at 1001 United Boulevard (west of King Edward Street).

#### Hours

Monday – Saturday: 7 am to 4 pm  
 Sunday: 8 am to 5 pm

Items accepted to the facility include yard waste such as grass clippings, garden trimmings, leaves, branches (max. 4" diameter), and weeds. **Please note that they do NOT accept:**

- Stumps
- Rocks
- Dirt
- Root balls
- Sod
- Organic food waste
- Branches over 4" diameter

Residents are required to unload materials from their vehicles and to remove any plastic bags or containers. Residents are responsible for the proper disposal of any materials not accepted at the facility.

**For more information on green waste management in Port Coquitlam,** call 604-927-5488 or email [operations@city.port-coquitlam.bc.ca](mailto:operations@city.port-coquitlam.bc.ca).

## Pesticides: COMMON QUESTIONS & ANSWERS

### What are Pesticides?

The term 'pesticide' refers to chemical substances, with varying toxicity (degree of risk) levels, that are biologically active and interfere with the normal biological processes of living organisms deemed to be pest. These include insecticides (insect control), herbicides (weeds), rodenticides (rodents), and fungicides (control plant disease fungi). Some examples of pesticides are flea collars, ant traps, insect sprays, pressure treated lumber, and lawn and garden fertilizers.

### Can pesticides affect pets, children, pregnant women and the elderly?

Yes. Research has shown that pets, children, pregnant women, and the elderly are the most vulnerable to the acute and/or chronic health impacts due to exposure of pesticides. Pesticides can enter a person's body by three possible routes: through the lungs, mouth, or skin. Children are particularly likely to be exposed to pesticides due to their exploratory behaviour and tendency to come into contact with grass, plants, pet flea collars, ant traps, and perhaps pesticides not stored out of their reach within garages, basements and elsewhere in the home environment.

### Do pesticides harm the environment?

Yes. Pesticides are known to transport from the point of application into other areas such as the air, streams and soil through wind, rainfall and absorption. Once in the environment, some pesticides break down relatively quickly, whereas others persist and remain toxic over longer periods of time, or transform into by-products with potential toxicities as well, which may result in unintended exposure to other species.

### Where can I find more information on pesticides and alternatives?

Visit the following government agency websites for information and links to other resources:

- **Health Canada** - Pest Management Regulatory Agency ([www.hc-sc.gc.ca](http://www.hc-sc.gc.ca))
- **Environment Canada** ([www.ec.gc.ca](http://www.ec.gc.ca))
- **Greater Vancouver Regional District** - Natural Lawn Care ([www.gvrd.bc.ca](http://www.gvrd.bc.ca))

## Sprinkling regulations

### Effective from June 1 to September 30

Sprinkling allowed between 4 – 9 am and 7 – 10 pm  
 Even-numbered addresses: Wednesday & Saturday  
 Odd-numbered addresses: Thursday & Sunday

*Use water wisely – don't waste a drop!*

Watering your lawn for one hour uses about as much water as five dishwasher loads, five loads of laundry and 25 flushes of the toilet (1,300 litres in total).  
 The average Lower Mainland resident uses approximately 350 litres of water per day around the home.

# Mosquito Control in the City of Port Coquitlam

INFORMATION BROUGHT TO YOU BY THE VECTOR CONTROL DIVISION

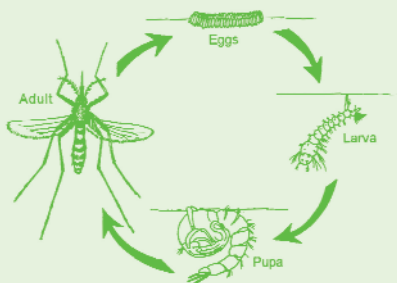
The City of Port Coquitlam conducts a mosquito management program in cooperation with the Cities of Coquitlam and Port Moody. The program focuses on the identification and treatment of larval mosquitoes before they become a nuisance as adults. Control at this stage in the mosquito life cycle is the most effective and permanent way to prevent adult mosquito annoyance. Private and public lands are inspected. Traps for adult mosquitoes are set to determine species present and their numbers. The City is working in cooperation with other agencies such as the GVRD and Fraser Health Authority to provide multi-tiered management for vectors (disease carriers) of the West Nile Virus. Vector Control staff will be mapping potential breeding sites and monitoring adult populations. If required, breeding areas will be treated to control mosquitoes that may carry West Nile Virus.

## FACTS ABOUT MOSQUITOS

- Mosquitos must have standing water (such as ditches, tires, bird baths, unused swimming pools, and eavestroughs) to complete their lifecycle.
- Only female mosquitoes bite to obtain a blood meal.
- The life cycle can be complete in seven to ten days.

## MOSQUITO LIFE CYCLE

Mosquitoes have four stages in their life - the egg, larva, pupa and adult. The first three stages occur in water, but the fourth stage, the adult, is an active, flying insect that feeds on human or animal blood.



## PREVENT MOSQUITO BREEDING

- Destroy or dispose of tin cans, old tires, buckets, plastic sheeting, or other containers that collect and hold water.
- Clean bird baths regularly.
- Repair leaky plumbing and outside faucets.
- Clean out leaves and other debris that block and hold water in roof gutters.
- Empty your pets' water dishes daily.
- Irrigate lawns and gardens carefully to prevent water from standing.
- Empty swimming or wading pools, or cover tightly when not in use.



## REDUCING MOSQUITO BITES

- Wear light-coloured, loose fitting clothing, long-sleeved shirts or jackets, and long pants.
- Avoid mosquito-infested areas, or stay indoors when mosquitoes are most active.
- Keep window screens in good repair and do not prop open windows or doors.
- Use mosquito repellents that contain DEET (N,N-diethyl-m-toluamide). The percentage of DEET in repellents should not exceed 30% for adults or 10% for children. DEET should not be used on children under 6 months of age. Ensure you read the instructions before application.
- Heat and moisture from barbecues attracts mosquitoes; after cooking, move away to enjoy your meal.

## How is the West Nile Virus spread?

West Nile Virus will most likely enter B.C. by infected birds flying into the province. Mosquitoes become infected by biting infected birds.

## What can I do if I spot a dead bird?

Fraser Health and B.C. Centre for Disease Control staff have a collection system in place to monitor and test **dead crows, ravens and jays**. These dead birds are tested because they are the birds most likely to die if infected with West Nile Virus.

**To report a dead crow, raven, or jay, please call and leave a message on the Fraser Health West Nile Virus Toll Free Reporting Line at: 1-888-WNV-LINE (1-888-968-5463).**

## It's that time of year

Nice weather in British Columbia also means the start of mosquito season. Mosquitoes are usually just considered a nuisance, and bites are uncomfortable, but in areas with West Nile Virus, a small percentage of mosquito bites can cause West Nile Virus infection. Anyone can be affected by West Nile Virus, but older adults and people who have chronic illnesses are more likely to develop serious illness.



*Protect yourself and your family by following the 4 Ds to reduce mosquito breeding sites and avoid mosquito bites:*

**DRAIN** your property of standing water

**DUSK/DAWN** - take extra care

**DRESS** appropriately

**DEFEND** against mosquito bites by using mosquito repellents wisely

If you have a question about mosquito control, please call the City of Port Coquitlam Vector Control Division at 604-927-5447.

Signs and symptoms of West Nile Virus may include fever, severe headache, stiff neck, muscle weakness or paralysis, confusion, convulsions, or even coma. Severe infection may result in long-term disability or death.

Contact your physician if you suspect infection. Advice about symptoms of West Nile Virus is available from BC NurseLine: 604-215-4700 (Toll Free 1-866-215-4700 or 1-866-TTY-4700 if hearing impaired).