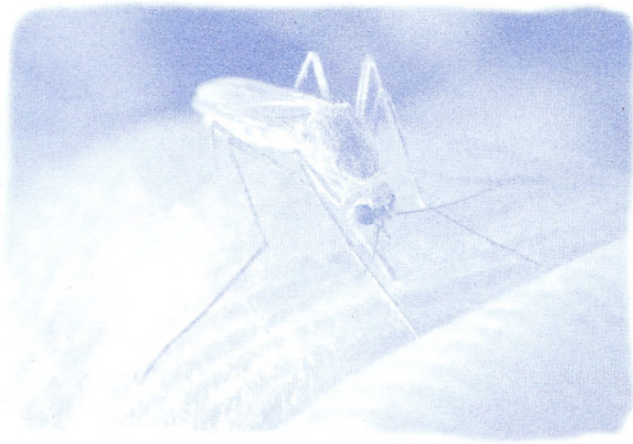


WEST NILE VIRUS

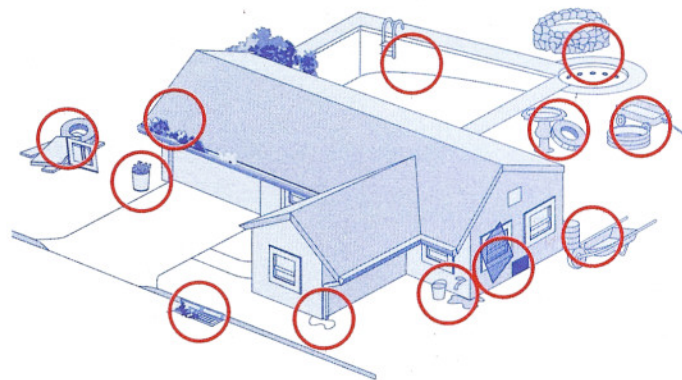
What You Need To Know



How To Protect Yourself

- West Nile virus (WNV) can be spread by the bite of an infected mosquito, which contracts the virus from an infected bird.
- People over the age of 50 are at greater risk of becoming seriously ill when they become infected with WNV.
- Most people who get infected with WNV do not have any symptoms; some people develop a mild illness called West Nile fever, and others develop severe neurological disease.
- Symptoms of severe illness include headache, neck stiffness, fever, muscle weakness, paralysis, convulsions, confusion, and loss of consciousness. *Contact your health care provider if you develop these symptoms.*
- Use effective mosquito repellants when outdoors and mosquitoes are biting.
- Repellants containing DEET are proven effective, as are some botanical oils. FOLLOW LABEL DIRECTIONS CAREFULLY.
- Products with 10% or less DEET are recommended for children.

- Wear long sleeves and pants in light colors to minimize the opportunities for mosquitoes to bite.
- Consider the application of DEET or permethrin to your clothing as an additional protective measure.
- Limit outside activity between evening and dawn when mosquitoes are most likely to bite.
- Use mosquito netting for infants instead of DEET. Netting is also an option for people who prefer not to use DEET or other types of repellants.



Mosquito Proof Your Home

- Mosquitoes will breed in any puddle that lasts more than 4 days.
- Check around your home for standing water and drain it.
- Empty water-holding containers (including pool covers, flower pots, and bird baths) at least every three days or screen them to prevent female mosquitoes from laying eggs in the water.
- Drilling holes in the bottom of containers is another way to prevent water from collecting.
- Ensure window and door screens fit properly so that mosquitoes cannot enter your home.
- Repair or replace any torn or damaged screens.
- Keep rain gutters clean so that rain water cannot collect in them.
- Keep weeds, tall grass, and bushes trimmed because they provide an outdoor home for the mosquito most commonly associated with West Nile virus.
- Remind and help neighbors to eliminate breeding sites on their property.

For More Information

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