



# West Nile Virus

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West Nile Virus is now in most of the United States. The most important way people become infected is through the bite of an infected mosquito. You can reduce your chance of getting infected by avoiding mosquito bites. People over the age of 50 are at higher risk for becoming seriously ill. Most people who get infected do not have any symptoms. Some people develop a mild illness call West Nile Fever and no treatment is needed. Fewer than 1 of 100 people infected develop severe symptoms such as encephalitis or meningitis and require hospitalizations. Some cases can result in death.

## Three ways to reduce your West Nile Virus risk.

1

### AVOID MOSQUITO BITES!



**Spray.** Spray insect repellent containing DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing when you go outdoors according to the directions on the bottle.

**Cover up.** Wear long sleeve shirts and long pants and socks.

**Avoid Mosquitoes.** Mosquitoes usually bite between dusk and dawn. Limit your outdoor time during these hours.

2

### MOSQUITO-PROOF YOUR HOME/TENT!

**Screens.** Keep mosquitoes outside by using screens.

**Drain Standing Water.** Standing water is a breeding ground for mosquitoes.



3

**HELP YOUR COMMUNITY!** Dead birds help the health department track West Nile Virus. If you see a dead bird, do not touch it. Instead **Call 1-877-WNV-BIRD (1-877-968-2473).**



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