



WHAT YOU NEED TO KNOW ABOUT THE WEST NILE VIRUS



ARE YOU AT RISK?

West Nile Virus is commonly found in humans, birds, and other animals in Africa, Eastern Europe and the Middle East. It was not detected in the United States until 1999.

Mosquitoes become infected with the virus when they feed on infected birds, which may carry the virus in their blood for a few days. Infected mosquitoes can then transmit it to humans and animals when biting to take a blood meal.

Most people infected with West Nile Virus will not have any symptoms or signs of illness. Those who do develop illness may have mild symptoms such as fever, headache, and body aches. Occasionally a skin rash and swollen lymph glands may be noticed. These symptoms generally appear three to 15 days following the bite of an infected mosquito. Less than one percent of the people infected with the virus will develop more severe symptoms. Those symptoms may include a high fever, neck stiffness, disorientation, tremors, convulsions, muscle weakness, paralysis, and rarely death. People who are over the age of 50 have the highest risk of developing severe disease.

REDUCE THE RISK

Take the following steps to reduce your exposure to mosquitoes:

- Stay indoors at dawn or early in the evening
- Wear long-sleeved shirts and long pants when going outdoors
- Spray clothing with repellents containing permethrin or DEET, since mosquitoes may bite through thin clothing
- Apply insect repellent sparingly to exposed skin and follow package instructions. An effective repellent will contain 30% DEET. Higher concentrations of DEET do not provide additional protection. Contact your local health care provider before applying DEET products to children
- Place mosquito netting over infant carriers when you are outdoors
- Install or repair window and door screens so that mosquitoes cannot get indoors

PRECAUTIONS

Mosquitoes can breed in as little as ¼ inch of water. As well as the personal protective measures previously listed, the following precautions should also be taken to reduce mosquito-breeding sites:

- Remove all discarded tires from your property.
- Dispose of tin cans, plastic containers, ceramic pots, or other similar water holding containers.
- Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall.
- Clean and chlorinate swimming pools, outdoor saunas, and hot tubs. If not in use, keep empty and covered.
- Drain water from pool covers.
- Change the water in birdbaths at least once a week.
- Turn over plastic wading pools and wheelbarrows when not in use.



- Eliminate any standing water that collects on your property.
- Remind or help neighbors to eliminate breeding sites on their property.
- Check for trapped water in plastic or canvas tarps used to cover boats, pools, etc. Arrange the tarp to allow water to drain.
- Pump out bilges in boats. Store canoes and small boats upside down.
- Remove outdoor pet food and water dishes that are not being used.
- Flush livestock water troughs twice a week.
- Do not leave garbage can lids lying upside down. Be sure water does not collect in the bottom of garbage cans.
- Check around construction sites or do-it-yourself improvements to ensure that proper backfilling and grading prevent drainage problems.

WEST NILE VIRUS UPDATE CASE COUNT (MORE THAN 20)*

State	Human Cases	Deaths
AL	46	3
AR	29	
DC	37	2
FL	28	3
GA	43	7
IL	813	53
IN	294	9
IA	55	2
KY	75	5
LA	329	24
MD	31	6
MI	565	47
MN	48	
MS	185	10
MO	169	5
NE	124	5
NY	82	5
OH	432	30
PA	60	8
SD	37	
TN	56	7
TX	190	11
VA	29	2
WI	52	3

For more information, visit the CDC at www.cdc.gov