



West Nile Virus Information

What is West Nile Virus

West Nile virus (WNV) is a mosquito - borne disease that can cause encephalitis or brain infection. Mosquitoes spread this virus after they feed on infected birds and then bite people, other birds, and animals. WNV is not spread by person - to - person contact and there is no evidence that people can get the virus by handling animals.

How to Protect Yourself

Steps you can take to minimize the chance for infection include remembering the 5 D's of West Nile virus prevention:

- 👂 **DAWN & DUSK** - When possible, avoid spending time outside at dawn and dusk. Dawn & dusk are times that mosquitoes are most active.
- 👂 **DRESS** - Wear shoes, long pants, and a long sleeved shirt when outdoors for long periods of time or when mosquitoes are most active (dawn & dusk). Clothing should be light colored and made of tightly woven materials to keep mosquitoes away from the skin.
- 👂 **DEET** - For additional protection from mosquitoes, use an insect repellent containing DEET (N, N diethyl - m - toluamide). Spray clothing with repellents containing permethrin or DEET because mosquitoes may bite through thin clothing. Products containing DEET must be used properly according to the directions on the product label.
- 👂 **DRAIN** - Drain standing water and containers that collect water on or near your property. Mosquitoes may lay eggs in areas with standing water.

What are the Symptoms of West Nile Virus

People with mild infections may experience fever, headache, body ache, skin rash, and swollen lymph glands. This is called West Nile fever.

Although the majority of those infected with WNV do not become ill, people with more severe infections may experience high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, and paralysis. This is called West Nile encephalitis.

If you have any of these symptoms, contact your health care provider.

