



## REMEMBER

- Dumping standing water
- Using repellent
- Dress for dusk to dawn



For more information on how to limit your risk,  
visit our website at:

<http://health.tarrantcounty.com>

or contact us at:



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# TAKE CONTROL

# Stop West Nile Virus



Dump standing water • Use repellent  
Dress for dusk to dawn



Some diseases, like West Nile Virus, are transmitted to humans through the bite of an infected mosquito.

Mosquitoes get the virus from biting an infected bird.



Some birds, like blue jays and crows, can become sick or die.

Other animals including horses and people may also become sick.

Nearly 80% of people who get infected with WNV have no symptoms. However, 20% of people will get sick. The most common symptoms are similar to the flu and may include:

- fever
- headache
- body aches
- rash

In rare cases, people may become seriously ill or even die.

Consult your doctor if you think you may have WNV. Only your doctor can diagnose West Nile Virus.

**REMEMBER** to protect yourself by preventing mosquitoes from biting.

**Adult mosquitoes** rest during the day in tall grass, shrubbery and other plants near homes. Remember to keep your grass and plants trimmed in your yard.

**Mosquito larvae** can develop in stagnant water in approximately 5 to 10 days. Common breeding sources found around the home include:

- Cans, buckets, flower pots, pet water dishes, troughs, discarded tires and other containers that hold water
- Untended swimming pools, ornamental ponds and birdbaths
- Clogged rain gutters, French drains, plastic wading pools, boats, wheelbarrows and plastic tarps
- Storm drains and catch basins

**REMEMBER** that eliminating places where mosquitoes can breed is the best way to control them!



### Eliminate Breeding Sites

- Drain standing water in your yard by emptying wading pools, wheelbarrows and other containers holding water
- Stock ornamental ponds with mosquito-eating fish and maintain pools
- Treat standing water that can't be drained with mosquito dunks
- Unclog rain gutters and change the water in bird baths at least once a week

### Personal Protection

- Check and repair all screens on windows and doors
- Stay indoors between dusk and dawn, when mosquitoes are most active
- When outdoors, wear light-colored clothing, long sleeves and pants
- Use insect repellent that contains DEET (N,N-diethyl-m-toluamide) or other repellents approved by the EPA

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## Stop West Nile Virus



### In your yard • In your community

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## PROTECT YOURSELF

**WEST NILE VIRUS** is now in most of the United States. Most people become infected through the bite of an infected mosquito. You can reduce your chance of getting infected by avoiding mosquito bites.

### What Can I Do to Prevent WNV?

The easiest and best way to avoid WNV is to prevent mosquito bites.

- When you are outdoors, use insect repellent containing an EPA-registered active ingredient. Follow the directions on the package.
- Many mosquitoes are the most active from dusk to dawn. Wear long sleeve shirts, long pants and socks sprayed with repellent if you plan to be outdoors when mosquitoes are most active. Or consider staying indoors when the mosquitoes are biting.
- Make sure the screens on your windows and doors are in good shape. This helps keep mosquitoes from getting indoors.
- Get rid of mosquito breeding sites by emptying standing water from flowerpots, buckets and other things that hold water. Change the water in pet dishes, and replace the water in birdbaths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.



## What Is the Risk of Getting Sick from WNV?

**People over 50 at higher risk to get severe illness.** People over the age of 50 are more likely to develop serious symptoms of WNV if they do get sick and should take special care to avoid mosquito bites.

**Being outside means you're at risk.** The more time you're outdoors, the more time you could be bitten by an infected mosquito. Pay attention to avoiding mosquito bites if you spend a lot of time outside, either working or playing.

**Risk through medical procedures is very low.** Donated blood is checked for WNV before being used. The risk of getting WNV through blood transfusions and organ transplants is very small, and should not prevent people who need surgery from having it. If you have concerns, talk to your doctor.

**Pregnancy and nursing do not increase the risk of becoming infected with WNV.** The risk that WNV may present to a fetus or an infant infected through breastmilk is still being evaluated. Talk with your doctor if you have concerns.

## What happens if I get infected?

Most people who get infected with West Nile virus do not have any symptoms. Some people develop a mild illness called **West Nile Fever**. This mild illness gets better on its own. No treatment is needed. A small number of people (about 1 in 150) who get infected with West Nile virus develop severe disease, called **West Nile encephalitis** or **West Nile meningitis** (inflammation of the brain or the area around the brain). This severe disease usually requires hospitalization. In some cases, especially among older people, it can result in death. Symptoms of severe illness include headache, high fever, stiff neck, mental confusion, muscle weakness, tremors (shaking), convulsions, coma, and paralysis. See your doctor if you develop these symptoms. There is no specific treatment for the West Nile virus infection.

**NOTE:** There is no vaccine available for people.

