

## Fast Facts

### West Nile Virus

- Transmitted to humans by mosquitoes that have bitten infected birds
  - First appeared in the United States in 1999
- More prevalent in warmer months when mosquitoes are most active
  - Majority of people don't experience any symptoms
  - Any symptoms, will show up 2 -14 days after you've been bitten
    - Can cause a mild or serious reaction
- Serious reaction can cause inflammation of the brain (encephalitis) and/or membranes that surround the brain/spinal cord (meningitis)

<i><b>Symptoms</b></i>	<i><b>Treatment</b></i>	<i><b>Prevention</b></i>
<p><i>Mild:</i></p> <ul style="list-style-type: none"> <li>-Fever</li> <li>-Headache</li> <li>-Body aches</li> <li>-Vomiting</li> <li>-Diarrhea</li> <li>-Fatigue</li> <li>-Skin rash</li> </ul> <p><i>Serious:</i></p> <ul style="list-style-type: none"> <li>-High fever</li> <li>-Severe headache</li> <li>-Stiff neck</li> <li>-Confusion</li> <li>-Tremors</li> <li>-Seizures</li> <li>-Muscle weakness</li> <li>-Partial paralysis</li> <li>-Coma</li> </ul>	<p><i>Mild:</i></p> <ul style="list-style-type: none"> <li>-Over-the-counter medicine for pain</li> </ul> <p><i>Serious:</i></p> <ul style="list-style-type: none"> <li>-IV medication for pain</li> <li>-IV fluids</li> <li>-Neurological monitoring</li> </ul>	<p>Remove standing water:</p> <ul style="list-style-type: none"> <li>-Unclog roof gutters</li> <li>-Remove anything from your yard that will collect water</li> <li>-Change the water in any birdbaths/pet bowls frequently</li> <li>-Installing or repairing screens on your home's windows and doors</li> </ul> <p>Decrease exposure level:</p> <ul style="list-style-type: none"> <li>-Wear long-sleeved shirts and pants when outside</li> <li>-Avoid being outside during dawn, dusk and early evening</li> <li>-Cover children's strollers with a mosquito net</li> <li>-Use mosquito repellent (use higher concentrations if going to be outside for longer periods of time)</li> </ul>

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