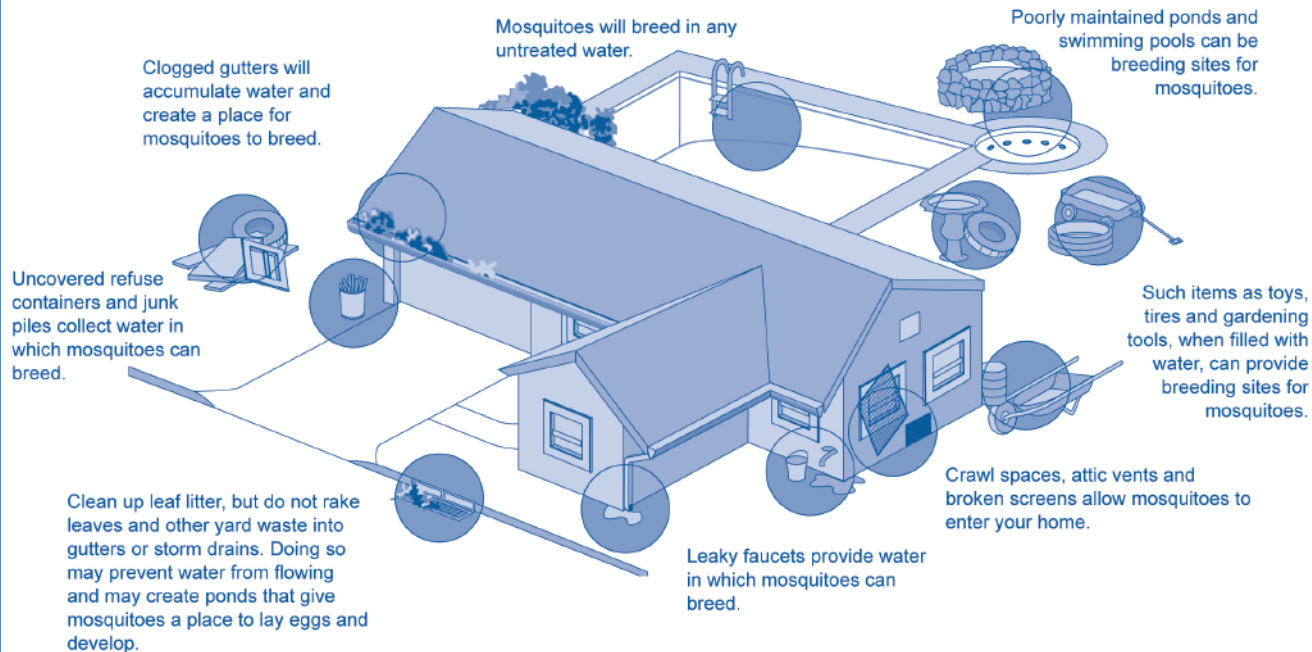


Possible mosquito breeding sites around your home.



This house picture was originally created by the New York State Department of Health.

Fight The Bite!



West Nile Virus is spread through the bite of an infected mosquito.

LIMIT YOUR EXPOSURE TO MOSQUITOES AND LOWER YOUR RISK!



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Tennessee Department of Health
 Division of Communicable and Environmental
 Disease Services
www.tennessee.gov/health

About West Nile virus

What is West Nile encephalitis?

West Nile encephalitis is an inflammation of the brain caused by West Nile virus (WNV).

How is West Nile virus transmitted?

WNV is transmitted by the bite of an infected mosquito. Mosquitoes become infected with WNV when they bite a bird that is carrying the virus in its blood. After 10-14 days, the mosquito can transmit the virus to another animal. During blood feeding, the mosquito injects the virus, contained in the saliva, into a bird, animal or person where the virus replicates and *may* cause illness. **WNV cannot be spread from person-to-person.**

Who can get West Nile encephalitis?

Anyone who lives in or travels to an area where the virus is found is at risk. Persons over 50 years of age are at highest risk for **severe** disease. Most people (approximately 80%) that are infected with WNV will have no symptoms; 20% will have mild flu-like symptoms and less than 1% will develop severe illness.

What are the symptoms?

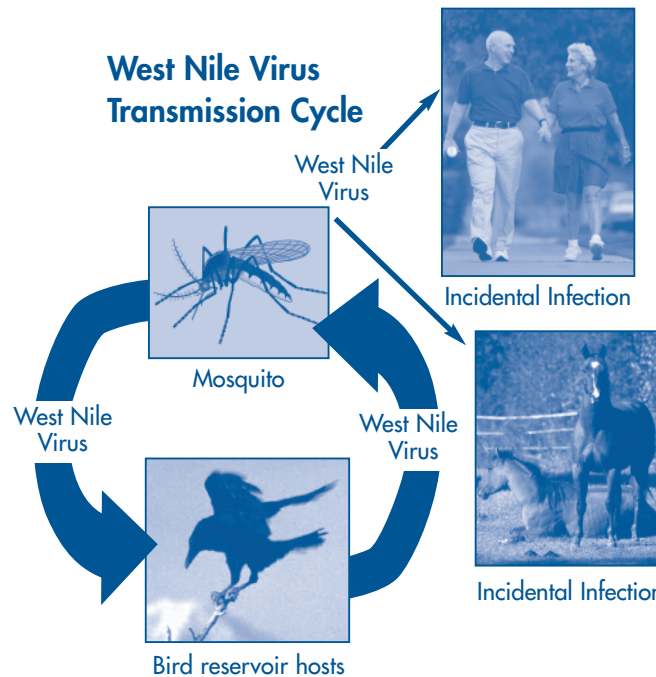
Most infections result in a mild illness that resembles the flu with no long term health effects. Symptoms include headache, fever and body aches. Symptoms of more severe illness include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, paralysis and muscle weakness.

How is West Nile treated?

There is no specific treatment for WNV infection. Mild illness usually does not require medical treatment. Encephalitis, the more severe form of WNV infection, is treated with supportive therapy. Supportive therapy may include hospitalization, respiratory support, IV fluids, prevention of bacterial infections and good nursing care.

What should I do if I think I have symptoms of West Nile virus?

Contact your family physician to discuss your symptoms.



Protect yourself from mosquito bites.

- Apply a mosquito repellent to exposed skin when outdoors. The repellent should contain DEET (N,N-diethyl-m-toluamide). Follow all label directions carefully. Do not apply to the face or hands.
- For adults, use products with 35% DEET.

- Children over 2 months of age may use products that contain a maximum of 30% DEET. 10% DEET lasts for 2 hrs., 24% DEET lasts for 5 hrs. Protect infants by placing mosquito netting over infant carriers when outdoors.
- Stay indoors or protect yourself, especially at dusk and dawn.
- If you must be outdoors at dusk and dawn, wear long sleeve shirts and long pants with socks and shoes.
- Spray clothing with repellents containing DEET since mosquitoes can bite through thin clothing.

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Get rid of standing water around your home.



- Drain standing water to eliminate mosquito breeding.
- Empty flower pots and other containers every time it rains.
- Turn over buckets and toys that may collect water.
- Remove used tires.
- Unclog rain gutters.
- Flush bird baths every two to three days.
- Clean and chlorinate swimming pools.
- Empty pools of standing water, such as kiddie pools, boats and pool covers.
- Fix damaged or torn window and door screens.