

# West Nile Virus Fighting the Bite!



West Nile virus (WNV) is an illness that can be spread to humans through mosquito bites. WNV is NOT contagious by direct person to person contact. Birds are primary carriers of WNV and mosquitoes spread the disease from biting a bird then a human.

***The best way to avoid WNV is to prevent mosquito bites!***

- Use insect repellent containing DEET on exposed skin AND on clothing when you are outside.
- Avoid going outside at dusk & dawn when mosquitoes are most active.
- Wear long sleeve shirts and long pants when you must be outside during hours of the day that mosquitoes are active.
- Drain standing water around the house to prevent mosquito breeding areas.
- Repair tears in screens on windows and doors.



Symptoms of WNV are similar to flu-like symptoms and can include fever, severe headache, and body aches. Seek medical attention if symptoms exist.

For additional information on WNV visit the CDC website at:

<http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>

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