

West Nile Virus: What You Need to Know Now

August 2012

This program is presented by the Centers for Disease Control and Prevention.

So far this year, hundreds of people have gotten sick and some have died from West Nile virus which is spread by infected mosquitoes. Most of these cases have been reported in six states: Texas, Mississippi, Louisiana, Oklahoma, South Dakota, and California.

Be aware of West Nile virus activity in *your* area so you can take action to protect yourself and your family.

- Use insect repellents when you go outdoors.
- Wear long sleeves and pants during dawn and dusk.
- Install or repair screens on windows and doors.
- Use air conditioning, if you have it.
- Empty standing water from items outside your home, such as flowerpots, buckets, and kiddie pools.
- And support your local community mosquito control programs.

Symptoms of West Nile virus include fever, headache, body aches, joint pains, vomiting, diarrhea, or rash. People with mild illness typically recover on their own, although symptoms can last for several weeks. A serious neurologic illness, such as encephalitis or meningitis, can develop. If you have any concerns about West Nile virus, contact a doctor.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.