



A MINUTE OF HEALTH WITH CDC

Avoiding Bug Bites

West Nile Virus and Other Arboviral Diseases — United States, 2011

Recorded: July 10, 2012; posted: July 12, 2012

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

Biting insects not only ruin many outdoor activities, they can also cause severe diseases. Arboviruses are usually transmitted by bites of infected mosquitoes and ticks, and illness can range from mild fever to encephalitis or meningitis. Most infections occur from May to September when the weather is warm. To prevent bites from mosquitoes or ticks, wear protective clothing, apply insect repellent to exposed body parts, and eliminate insect breeding sites, such as standing water. If you think you may have an illness from a mosquito or tick bite, contact your health-care provider.

Thank you for joining us on *A Minute of Health with CDC*.

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