

## Stopping mosquitoes

is the key to stopping West Nile virus. Limiting their habitat helps limit the spread of the virus.

### Empty sources of standing water.

- Mosquitoes lay eggs in standing water. Here are some tips:
- Every 2-3 days, drain water from outside pet dishes, garbage cans, buckets, toys, flowerpots, wading pools, pool covers, birdbaths and other objects that can collect water.
  - Discard any old tires and unused containers.
  - Clean gutters.
  - Drill holes in the bottoms of recycling bins.
  - Properly treat water in larger pools and home ponds. Contact your state's department of health for guidelines.
- ### Keep mosquitoes off you.
- When possible, stay inside at dusk, dawn and other times of heavy mosquito activity.
  - Wear long sleeves, long pants and socks. Light-colored clothing is best.
  - Keep window and door screens repaired.

### Mosquitoes like tall grass and weeds. Keep these cut.



### Use insect repellent properly.

Follow all label directions exactly. In general:

- Use a repellent with DEET, picaridin or oil of lemon eucalyptus. Ask your health-care provider what type and concentration of repellent is appropriate for you and for your children.
- Put repellent only on exposed skin and clothes (not near eyes, nose or mouth, or on cuts, irritated skin or children's hands).
- Wash exposed skin and clothes after coming indoors.
- If you are pregnant or breastfeeding, ask your health-care provider before using any chemical product.

### Know what your community is doing.

- For example, communities may be:
- monitoring and testing mosquitoes, dead birds and dead horses (report dead birds and horses as instructed—don't touch them with bare hands, since they may carry many diseases)
  - controlling mosquitoes by killing larvae or adult mosquitoes (methods will vary).
- Pesticides and how they're used are tested for safety by the U.S. Environmental Protection Agency (EPA). Contact state or local officials, such as your health department, to find out what your community is doing about West Nile virus.

**We all need to do our part to stop mosquito-borne diseases.**

## Know the symptoms of West Nile virus.

If any symptoms appear, they generally show in 2-15 days.

### Milder symptoms

may include:

- fever
  - headache
  - body aches
  - rash
  - swollen glands
- See your health-care provider to determine if treatment is necessary.

### Severe symptoms

may include:

- high fever
- severe headache
- stiff neck
- muscle weakness
- confusion
- tremors
- convulsions
- paralysis
- coma.

Severe cases may require hospitalization.

### Older people and others with weakened immune systems

are most at risk for severe illness. But West Nile Virus can affect anyone.

**If you think you may have symptoms, contact your health-care provider immediately.**



**Learn more about West Nile virus and other mosquito-borne diseases. You can contact your health-care provider for more information.**

**Your health-care provider**  
Talk with your health-care provider about your symptoms or concerns.

**Your local health department**  
Look in the Yellow Pages for your local health department.

**National resources**

- The U.S. Department of Health and Human Services  
1-800-CDC-101  
1-888-2-HEALTH  
www.cdc.gov/westnile
- The National Center for Zoonotic and Vector-borne Diseases  
(a cooperative effort between the Centers for Disease Control and Prevention and the U.S. Department of Agriculture)  
1-800-833-4522  
http://www.cdc.gov/westnile

**Stay away from mosquitoes to stay safe from other mosquito-borne diseases.**