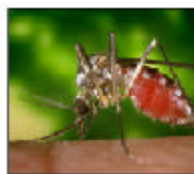




BE A GOOD NEIGHBOR TOGETHER WE CAN FIGHT THE BITE

West Nile Virus is now in most of the United States. The way most people become infected is through the bite of an infected mosquito. You can reduce your chance of getting infected by avoiding mosquito bites.



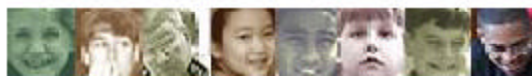
You can do more to protect yourself and your family.

- 1 Be aware that West Nile infected mosquitoes are active from dusk to dawn: 7pm to 7am
- 2 When outdoors in the evening, wear long sleeves, pants and socks
- 3 Apply mosquito repellent with DEET prior to going outside in the evening

West Nile Virus

About 20% of infected people will show symptoms. A small number will develop severe disease called West Nile Encephalitis or West Nile Meningitis (inflammation of the brain or the tissue around the brain). There is no vaccine available.

Symptoms of severe illness include headache, high fever, stiff neck, mental confusion, muscle weakness or paralysis, tremors (shaking), convulsions and coma. See your doctor if you develop these symptoms.



You can do more to protect yourself and your family
Be Aware – Be a Good Neighbor



Maricopa County
Department of Public Health

Mission: To promote, preserve and protect the health of people and communities in Maricopa County.

Who are we? We are your neighbor, your relative, your friend, and we offer a wide variety of services you might not even know about.



Contact us and find out what we can do for you!

For information on our programs and services, please contact:

**Maricopa County
Department of Public Health
1825/45 East Roosevelt Street
Phoenix, AZ 85006
(602) 506-6900
TT (602) 506-6784**

You may also visit our website at www.maricopa.gov.

Maricopa County Department of Public Health

WHAT YOU NEED TO KNOW ABOUT... WEST NILE VIRUS



Maricopa County

What Is West Nile Virus?

West Nile virus (WNV) is a potentially serious illness. Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall. This fact sheet contains important information that can help you recognize and prevent West Nile virus.

What Are The Symptoms Of West Nile Virus?

WNV affects the central nervous system. Symptoms vary.

- **No symptoms in most people** - Approximately 80 percent of people who are infected with WNV will not show any symptoms at all.
- **Mild symptoms in some people (West Nile Fever)** - Up to 20 percent of the people who become infected will display mild symptoms, including fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms typically last a few days.
- **Serious symptoms in few people (Encephalitis or Meningitis)** - About one in 150 people infected with WNV will develop severe illness. The symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and effects may be permanent.

How Does It Spread?

- **Infected mosquitoes** - Generally, WNV is spread by the bite of an infected mosquito. Mosquitoes are WNV carriers that become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite.
- **Transfusions, Transplants And Mother-to-Child** - In a very small number of cases, WNV also has spread through blood transfusions, organ transplants, breastfeeding and even during pregnancy.
- **Not Through Touching** - WNV is not spread through casual contact such as touching or kissing a person with the virus.

How Soon Do Infected People Get Sick?

People typically develop symptoms between 3 and 14 days after they are bitten by the infected mosquito.

What Is West Nile Fever (WNF)?

WNF is characterized by symptoms such as fever, body aches, headache and sometimes swollen lymph glands and rash. WNF generally lasts only a few days, though in some cases symptoms have been reported to last longer, even up to several weeks.

How Is WNF Treated?

WNF does not appear to cause any long-term health effects. There is no specific treatment for WNF. People with WNF recover on their own, though symptoms can be relieved through various treatments.

What Other Diseases Does WNV Cause?

Occasionally, an infected person may develop more severe disease such as West Nile encephalitis, West Nile meningitis or West Nile meningoencephalitis. Encephalitis refers to an inflammation of the brain, meningitis is an inflammation of the membrane around the brain and the spinal cord, and meningoencephalitis refers to inflammation of the brain and the membrane surrounding it.

Symptoms of these illnesses can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.

How Are These Illnesses Treated?

Although there is no treatment for WNV infection itself, the person with severe disease often needs to be hospitalized. Care may involve nursing IV fluids, respiratory support, treatment of symptoms and prevention of secondary infections.

What Should I Do If I Think I Have WNV?

Mild WNV illness improves by itself, and people do not necessarily need to seek medical attention for this infection. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.

What Is The Risk Of Catching WNV?

For most, risk is low. Less than 1 percent of people who are bitten by mosquitoes develop any symptoms of the disease and relatively few mosquitoes actually carry WNV.

- **Greater risk for those outdoors a lot** - People who spend a lot of time outdoors are more likely to be bitten by an infected mosquito. They should take special care to avoid mosquito bites.
- **People over 50 can get sicker** - People over the age of 50 are more likely to develop serious symptoms of WNV if they do get sick and should take special care to avoid mosquito bites.
- **Risk through medical procedures is low** - The risk of getting WNV through blood transfusions and organ transplants is very small, and should not prevent people who need surgery from having it. If you have concerns, talk to your doctor before having surgery.
- **Risk of passing WNV from mother to child during pregnancy and breastfeeding is low** - The risk of a baby contracting WNV from his or her mother during pregnancy and breastfeeding is very small. However, if you are pregnant or breastfeeding and you contract WNV, consult your doctor.

What Can I Do To Prevent WNV?

The easiest and best way to avoid WNV is to avoid getting bitten by mosquitoes.

- When you are outdoors, use insect repellents containing DEET (N, N-diethyl-meta-toluamide). Follow the directions on the package.
- Many mosquitoes are most active at dusk and dawn. Consider staying indoors during these times or use insect repellent and wear long sleeves and pants. Light-colored clothing can help you see mosquitoes that land on you.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill drainage holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.
- If you find a dead bird, don't handle the body with your bare hands. Contact the Maricopa County Environmental Services Department for instructions on reporting and disposing of the body – (602) 506-6616.

What Being Done in My Neighborhood About WNV?

In Arizona, county and state health workers routinely test for encephalitis in mosquitoes, dead birds and chicken flocks. There are 15 sentinel chicken flocks located in different parts of the state. Detection, monitoring and prevention of mosquito-borne illnesses depend upon integrated efforts among state and county agencies and private citizens.

For information on:

- **West Nile Virus** - For general West Nile Virus information and information on prevention, please call the Maricopa County Department of Public Health West Nile Virus Hotline at (602) 747-7500, or log on to www.maricopa.gov/public_health
- **Dead bird reporting or mosquito complaints** - Please call the Environmental Services Complaint line at (602) 506-6616, or log on to www.maricopa.gov/envsvc
- **Mosquito fogging** - Please call the Environmental Services Mosquito Fogging Hotline at (602) 372-3000 for times and locations of mosquito fogging in Maricopa County, or log on to www.maricopa.gov/envsvc
- **Other Resources** -
 - *U.S. Centers for Disease Control and Prevention* – www.cdc.gov; 888-246-2675 (English), 888-246-2857 (Español), 866-874-2646 (TTY)
 - *Arizona Department of Health Services* – www.westnileaz.com; 1-800-314-9243