

## PREVENT WEST NILE VIRUS

Malheur County Vector District is encouraging the public to eliminate mosquito breeding areas around the home. The species of mosquitoes most likely to carry West Nile Virus can breed in your own backyard.

### Control Mosquitoes from Breeding

- ◆ Turn over or remove containers in your yard where rainwater collects, such as potted plant trays, buckets or toys.
- ◆ Empty birdbaths once a week.
- ◆ Remove old tires from your yard.
- ◆ Drain wading pools often.
- ◆ Clean roof gutters.
- ◆ Eliminate standing water.
- ◆ Do not allow water to collect in garbage cans.

### Protect Yourself and Your Family

- ◆ Wear long, loose and light-colored clothing.
- ◆ If possible, stay indoors when mosquitoes are biting.
- ◆ Use insect repellent products with no more than 35 % DEET for adults and less than 10 % for children.
- ◆ Only adults should apply repellent on children.
- ◆ Spray repellent on your hands and then apply to your face.
- ◆ Only apply repellent to exposed skin and clothing. Do not use repellent under clothing.
- ◆ Do not apply repellent over cuts, wounds, sunburn, or irritated skin.

## WEB SITES

Oregon Health Division  
[www.ohd.hr.state.or.us](http://www.ohd.hr.state.or.us)

American Mosquito Control Association  
[www.mosquito.org/](http://www.mosquito.org/)

Centers for Disease Control & Prevention  
[www.cdc.gov](http://www.cdc.gov)

EPA Pesticides & Mosquito Control  
[www.epa.gov/pesticides/](http://www.epa.gov/pesticides/)

Northwest Mosquito & Vector Control Assoc.  
[www.nwmvca.org/](http://www.nwmvca.org/)

## FOR MORE INFORMATION

Contact::

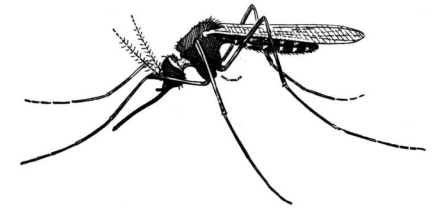
Malheur County Health Department at  
541-889-7279

Malheur County Vector Control District at  
541-473-5102



# WEST NILE VIRUS

## PROTECT YOURSELF AND YOUR FAMILY



- ◆ Risk & Symptoms
- ◆ Prevention & Surveillance
- ◆ Reporting Dead Birds

Malheur County Vector Control District  
Gary Page, Administrator  
1001 Barkley Drive  
Vale, Oregon 97918  
541-473-5102

## WHAT IS WEST NILE VIRUS?

West Nile Virus is a mosquito-borne virus that can cause encephalitis (an inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord) in humans and other animals. The virus is named after the West Nile region of Uganda where it was first isolated in 1937. The virus appeared for the first time in the United States during a 1999 outbreak in New York that killed seven people.

**Most people bitten by a mosquito infected with West Nile Virus do not get sick.**

## HOW IS WEST NILE VIRUS

### SPREAD?

West Nile Virus is spread to humans, birds and other animals through the bite of an infected mosquito. A mosquito becomes infected by biting a bird that is carrying the virus. West Nile Virus is not spread from person to person, and no evidence indicates the virus can be spread directly from birds to humans.



## WHAT ARE MY CHANCES OF GETTING WEST NILE VIRUS?

In areas where West Nile Virus has been detected, only a small proportion of mosquitoes are likely to be infected. Most people bitten by an infected mosquito do not become sick.

During an epidemic, 1 in 100 mosquitoes will be infected.

1 in 200 people who are infected will become seriously ill.

10-15 percent of those seriously ill die.

## WHAT ARE THE SYMPTOMS?

The symptoms generally appear about 3-15 days after exposure. People over age 50 are at greater risk of severe illness.

### Milder symptoms include:

- ◆ Slight fever
- ◆ Headache
- ◆ Body aches
- ◆ Swollen glands
- ◆ Sometimes a skin rash

### Severe symptoms include:

- ◆ High fever
- ◆ Intense headache
- ◆ Stiff neck
- ◆ Confusion

## WHAT DO I DO IF I THINK I HAVE WEST NILE VIRUS?

If you are bitten by a mosquito, you don't need to see a doctor. Most people who suffer a mild illness due to West Nile Virus recover, and no treatment is necessary. Only supportive treatment is available for more serious cases. Testing for West Nile Virus in people involves a blood or spinal fluid test that can take several weeks to confirm. No vaccine exists at this time for West Nile Virus infection in humans.

## PROTECTING YOUR HEALTH

Malheur County Vector Control District is monitoring for mosquito-borne viruses in mosquitoes and birds. The Oregon Health Division along with multiple other agencies, is monitoring for mosquito-borne viruses in horses and humans. The information collected is used to advise local authorities and the public about the potential threat of West Nile Virus in Oregon.

## REPORTING DEAD BIRDS

The public can help monitor for the virus by reporting all dead birds to Malheur County Vector Control District. Corvidae species are most sensitive to WNV. These species include crows, ravens, blue jays and magpies. Birds must be tested within 24 hours of death before they become too decomposed. Sunken eyes and the presence of maggots are good indicators that the bird has been dead too long. If you notice a dead or sick bird **DON'T TOUCH IT!** Call Malheur County Vector Control District and a representative of the district will come and retrieve the dead bird for testing.