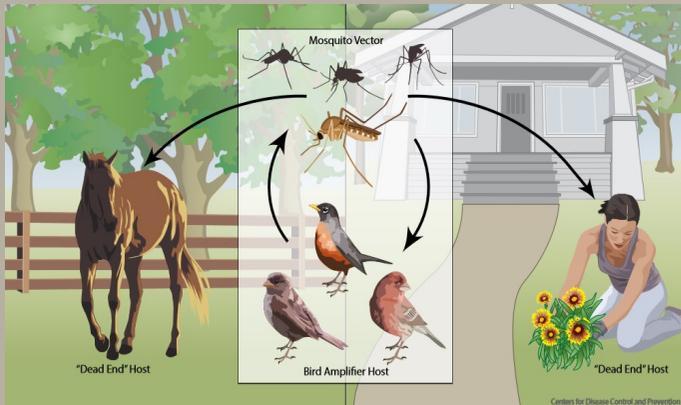


How is WNV Transmitted?

West Nile virus is maintained in a natural cycle between mosquitoes and infected birds. Humans, horses and other animals become infected primarily through the bite of an infected mosquito.



For More Information About WNV

You can contact your local health unit for more information. A listing of the local health units in North Dakota can be found online at <https://www.health.nd.gov/localhd/>.

Additional information can be found at our website www.health.nd.gov/wnv. You can also call the Health Department at 800.472.2180.



Reporting Dead Birds

Some species of birds, such as crows and jays, infected with WNV are known to get sick and die. Reporting dead birds can allow public health authorities to identify the virus in the environment. If you find a dead bird, you can report them online at www.health.nd.gov/wnv.

West Nile Virus

Facts You Should Know



What is West Nile virus?

West Nile virus (WNV) is a mosquito-borne disease spread primarily by the bite of an infected mosquito. It is a seasonal disease that typically begins in the summer and extends into the fall until the mosquitoes are no longer active.

What are the symptoms?

- † Most people who get infected with West Nile virus do not have any symptoms.
- † About 20 percent of people experience mild symptoms such as fever, headache, body or joint aches, or rash.
- † Less than one percent of people develop severe illness that affects the central nervous system. Severe symptoms may include high fever, stiff neck, confusion, muscle weakness, and numbness or paralysis. About 10 percent of people with severe illness die.

Who is at Risk for WNV?

Anyone exposed to mosquitoes is at risk of developing West Nile virus. People aged 60 and older, and people with certain medical conditions are at a greater risk for developing more severe symptoms of the virus.

Protection Methods

There is no vaccine for West Nile virus, so the best way to protect yourself and your family is by taking all the precautions to avoid mosquito bites.

- * Use Environmental Protection Agency (EPA) registered insect repellent containing DEET, picaridin, IR3535, oil of lemon eucalyptus, PMD, or 2-undecanone. Always follow the directions on the label.
- * Wear long-sleeved shirts and long pants. Treat clothing and outdoor gear with permethrin for extra protection.
- * Limit outdoor activities between dusk and dawn when the mosquitoes that carry WNV are most active.
- * Install or repair screens on windows and doors. Use air conditioning if you can.



Mosquito Control Methods

Control the spread of West Nile virus by eliminating breeding sites.

Mosquitoes can breed in a very small amount of standing water in just a few days in warm weather. Follow the methods below to help control the mosquito population at your residence.



- * Remove standing water from items in your yard such as buckets, pots, tires, birdbaths, troughs, and trash containers at least once a week.
- * Keep pools clean and covered when not in use.
- * Maintain a well-trimmed yard.
- * Clean roof gutters and downspout screens.
- * Use insecticides and larvicides when applicable. Follow label instructions.