

Fight the BITE!



Mosquitoes are annoying.

They can also **cause serious health problems.**

These tiny insects spread diseases like **West Nile Virus** to humans and heartworms to our pets.

The best way to avoid bites from these little suckers is to follow the three Ds:

DRAIN



Eliminate standing water; mosquitoes need water to breed. Check pots, gutters, tires, tarps, wagons, wheelbarrows – anything that holds water. Change any standing water in wading pools, pet dishes and bird baths several times a week. And, use mosquito dunks or mosquito-eating fish in ponds and stagnant water.



DEET

Use insect repellents that contain DEET. DEET offers the best protection against mosquito bites. Follow product label directions. Avoid over-application.

DRESS



Wear long, loose-fitting clothing when outdoors, especially at dawn and dusk hours, which is when mosquitoes are most active.

West Nile Virus Facts



Spread

- West Nile virus infection is spread to humans and mammals such as horses by the bite of an infected mosquito.
- Mosquitoes are infected when they feed on the blood of infected birds.
- WNV cannot be spread person-to-person or mammal-to-person.

Symptoms

- About 1 in 150 people infected with WNV develop severe illness that may require hospitalization, and about 30 will have a more mild illness.
- Mild symptoms can include fever, headache, body aches, nausea, vomiting, swollen lymph glands and skin rash.
- More severe symptoms include neck stiffness, disorientation, tremors, convulsions, muscle weakness, vision loss, numbness, paralysis and even coma or death.
- If you develop severe symptoms, seek medical attention immediately.
- Pregnant women and nursing mothers are encouraged to talk to their doctors if they develop symptoms.

For more information about **West Nile Virus** and mosquito bite prevention, contact the

Sedgwick County Division of Health
at 316-660-7300
or visit www.sedgwickcounty.org.



*Sedgwick County...
working for you*