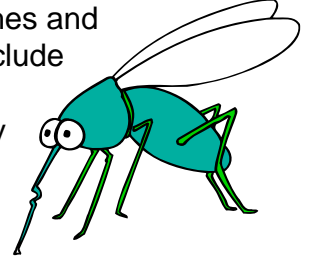


WEST NILE VIRUS

West Nile Virus (*WNV*) is transmitted through the bite of an infected mosquito. In the U.S., the common house mosquito (*Culex Pipiens*) is considered to be the main vector species. While this mosquito becomes infected by feeding on infected birds, humans cannot get *WNV* from directly handling live or dead infected birds.

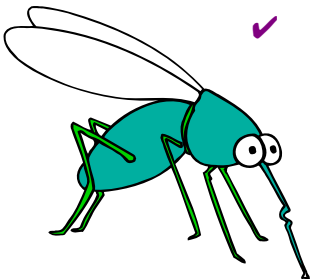
Most infected people show no symptoms or have mild symptoms such as fever, headaches and body aches, often with a skin rash and swollen lymph glands. More severe cases can include headache and high fever, stiff neck, disorientation, tremors, coma, paralysis and death.

Since the majority of infected persons are asymptomatic (have no symptoms), the fatality rate is much less than 1 percent, although the fatality rate is highest in the elderly.



The Health Department suggests the following tips to lower your risk for mosquito bites:

- ◆ Avoid shaded areas where mosquitoes may be resting. Limit outdoor activities in the evening when mosquitos are most active.
- ◆ If weather permits, wear protective clothing such a long sleeved shirts and pants.
- ◆ Use insect repellents that contain DEET (N, N-Diethyl-meta Toluamide) only as directed by the manufacturer's instructions.
 - ✓ Avoid prolonged and excessive use of DEET. Frequent application and saturation of skin do NOT increase effectiveness, but will increase likelihood of adverse reactions.
 - ✓ Do not use on infants, and avoid applying higher concentration products directly to the skin of children by applying repellent to clothing and footwear. Avoid using DEET on damaged skin (sunburn, cuts, eczema or psoriasis).
- ◆ Contact your physician if you are allergic or have an adverse reaction to DEET.
- ◆ Keep your property mosquito "unfriendly" by removing all sources of standing or stagnant water where mosquito larvae can breed. Mosquitoes will develop in any standing water or puddle that lasts more than 4 days!



- ✓ Dispose of tin cans, plastic containers, ceramic pots and old, discarded tires. One tire can produce tens of thousands of mosquitos in a single season.
 - ✓ Drill extra holes in the bottom of recycling containers that are left outdoors.
 - ✓ Inspect and clean clogged roof gutters on an annual basis - roof gutters can produce millions of mosquitoes each season.
 - ✓ Eliminate standing water that collects in unused wheelbarrows, plastic wading pools, birdbaths and buckets. Cover children's sandboxes when not in use.
- ✓ Aerate water gardens and ornamental pools, or stock them with fish.
- ✓ Clean and chlorinate swimming pools that are not being used. Remember that mosquitoes can also breed in the water that collects on the cover after it rains.
- ✓ Electronic Repellers and Bug Zappers have limited value and are not considered effective devices for controlling mosquitoes.

MANALAPAN HEALTH DEPARTMENT