

# West Nile Virus is a risk you can do something about.



West Nile virus is now in most of the United States, including Fulton County.

The most important way people become infected is through the bite of an infected mosquito. You can reduce your chance of getting infected by **avoiding mosquito bites**.

## Adults are at highest risk.

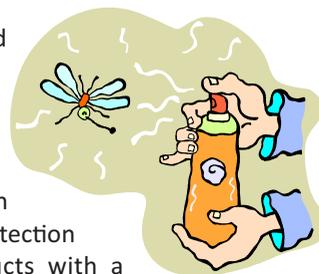
About one in 150 people infected with West Nile Virus will develop severe illness called West Nile encephalitis or West Nile meningitis (inflammation of the brain or the area around the brain). The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors (shaking), convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. **See your health care provider** if you develop these symptoms.

Most people who get infected with West Nile virus do not have any symptoms. There is no specific treatment for West Nile virus infection. There is no vaccine available for people.

## Three steps you can take to reduce your risk...

### 1 Avoid mosquito bites!

**Apply insect repellent** on exposed skin and clothing when you go outdoors. Use an EPA-registered insect repellent such as those containing DEET, picaridin or oil of lemon eucalyptus. Permethrin sprayed on clothing provides protection through several washes. Products with a higher percentage of DEET as active ingredient generally give longer protection. Don't spray repellent on skin under clothing. Don't use permethrin on skin.



### 2 Mosquito proof your home!

**Screens:** Keep mosquitoes outside by fixing or installing window and door screens.

**Drain standing water.**

Don't give mosquitoes a place to breed. A small amount of standing water can be enough for a mosquito to lay her eggs.



### 3 Help your community!

**Look around every week for possible mosquito breeding places.** Empty water from buckets, cans, pool covers, flower pots and other items. Throw away or cover up stored tires and other items that aren't being used. Clean pet water bowls weekly. Check if rain gutters are clogged. If you store water outside or have a well, make sure it's covered up. Encourage your neighbors to do the same.



Information provided by the Centers for Disease Control and Prevention (CDC).

For more information about West Nile Virus and prevention methods, please call the *Mosquito Hotline* at 404-730-5296; contact the Fulton County Department of Health and Wellness, Division of Environmental Health Services at (404) 613-1301 or visit [www.fultoncountygahealth.org](http://www.fultoncountygahealth.org).