

WWW.DEKALBHEALTH.NET
404-508-7871



WEST NILE VIRUS

PROTECT YOURSELF AND YOUR FAMILY

- Avoid mosquito bites
- Eliminate breeding sites
- Help your community

- **West Nile virus (WNV)** is spread by infected mosquitoes and can cause serious, life-altering and even fatal disease.
- **Be aware of your risk for illness.** Anyone can get sick; those age 50+ are at highest risk of becoming seriously ill. Symptoms may last several weeks and some effects may be permanent.

Symptoms of severe illness include:

- Severe headache
- High fever
- Mental confusion
- Stiff neck
- Muscle weakness
- Coma
- Tremors (shaking)
- Paralysis

See your health care provider if you develop any of these symptoms.

- **Avoid mosquito bites.** All it takes is one bite from an infected mosquito to get WNV.
- **Use mosquito repellent.** Follow manufacturer's instructions. The most effective repellents contain:
 - DEET
 - Picaridin
 - Oil of lemon eucalyptus
 - Permethrin (for clothing, shoes, bed nets and camping gear but **not** for skin)
- **Cover up** with long sleeves and pants.
- **Know that peak biting hours** are from dusk to dawn.
- **Eliminate breeding sites.** Don't give mosquitoes a place to breed. Encourage your neighbors to do the same.



FOR MORE INFORMATION:
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DeKalb County Board of Health
Division of Environmental Health
Technical Services Program

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MOSQUITO PREVENTION CHECKLIST

The mosquitoes that carry West Nile virus tend to breed in containers and typically do not fly very far. Therefore, your help is needed to effectively reduce mosquito populations around your home.

Make a checklist of items in your yard to check weekly for standing water. Empty, drain or remove. Remember, a bottle cap can hold enough water to breed mosquitoes.

I have marked the items below that I noticed may need attention.

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Air conditioner | | <input type="checkbox"/> Plastic sheeting | |
| <input type="checkbox"/> Birdbath | | <input type="checkbox"/> Rain barrel, cistern | |
| <input type="checkbox"/> Boat | | <input type="checkbox"/> Rain gutters and drains | |
| <input type="checkbox"/> Bucket, pan, can | | <input type="checkbox"/> Swimming pool, spa and covers | |
| <input type="checkbox"/> Container | | <input type="checkbox"/> Tarp or other plastic covers | |
| <input type="checkbox"/> Decorative pond | | <input type="checkbox"/> Tire | |
| <input type="checkbox"/> Ditch | | <input type="checkbox"/> Tree hole | |
| <input type="checkbox"/> Drink can, bottle | | <input type="checkbox"/> Truck bed | |
| <input type="checkbox"/> Flower pot | | <input type="checkbox"/> Wading pool | |
| <input type="checkbox"/> Litter and debris | | <input type="checkbox"/> Wagons, trucks, toys | |
| <input type="checkbox"/> Low spot in yard | | <input type="checkbox"/> Wheelbarrow | |
| <input type="checkbox"/> Magnolia leaves | | | |
| <input type="checkbox"/> Pet bowl | | | |

Additional concerns in your yard are:

Thank you for helping us protect the health of those who live, work and play in DeKalb County!

QUESTIONS?

CONTACT:

NUMBER:
