

West Nile Virus



West Nile virus (**WNV**) is a mosquito-borne disease caused by the bites of infected mosquitoes, and it is the main mosquito disease in the continental United States. Cases of WNV arise in the summer and continue through the fall. Everyone is at risk for WNV infection, but the risk for developing severe illness is greater among those 50 years and older, individuals with a weakened immune system, or those with a medical history of chronic diseases such as cancer, diabetes, and high blood pressure.

HOW DOES WNV SPREAD?

This virus spreads by mosquito bites. WNV does not spread by person-to-person contact.

WHAT ARE THE SYMPTOMS OF WNV?

Usually, people do not develop symptoms; mild symptoms are flu-like, while severe cases present with high fever, stiff neck, muscle weakness, nausea, seizures, confusion, paralysis, and rash. Symptoms could develop between **3-14** days after the infection. If you are experiencing severe symptoms, contact your healthcare provider immediately. One of the most severe complications of WNV is **meningitis**.

HOW IS WNV TREATED?

There is no specific treatment for WNV, nor is there a preventive vaccine. However, people with severe symptoms may require hospitalization because the virus can affect the **central nervous system**.



WHAT CAN YOU DO TO PREVENT WNV?

- Protect yourself and your loved ones from mosquito bites. Mosquitos that spread WNV are more active during the evening to early morning hours.
- Use Environmental Protection Agency (EPA) registered insect repellents and wear long-sleeved shirts and pants. You can also treat clothing and gear with insect repellent.
- Protect your home by ensuring your window screens are in good shape, and drain any standing water (from pots, pet bowls, birdbaths, trashcans, tarps and other containers) every 2-3 days to avoid mosquito breeding. Check for water-holding containers both indoors and outdoors.
- Clean out gutters and drains and dispose of old tires.
- If you have any questions, or need additional information please contact the Health Department at **973.680.4058**.



Protect Yourself Against Mosquito Bites!



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