

PREVENTION IS KEY

Eliminate Potential Mosquito Breeding Areas

Mosquitoes must have standing water for their development. Get rid of water where mosquitoes can lay their eggs.

- Remove old tires, buckets, cans, drums, bottles or any containers that can hold water.
- Empty stagnant water in bird baths, plant pots, rose cuttings, drip trays, small wading pools, pet dishes and other containers once a week.



- Cover trash containers, repair leaky faucets.
- Inspect rain gutters and downspouts and remove leaves and other debris.
- Drain any low spots in your yard or fill with dirt.



- Properly maintain and treat your pool. Cover pools not in use to prevent accumulation of leaves and debris. Be sure pool covers do not hold pockets of water.

- Clean flat roofs and air conditioner drains frequently.



- Eliminate water holding tree stumps and fill holes in trees.

- Place mosquito fish (Gambusia) in water troughs and ornamental ponds.



PROTECT YOURSELF

- Apply insect repellent sparingly to exposed skin when outdoors. An effective repellent will contain DEET. Read and follow the manufacturer's directions for use.
- Spray clothing with repellents containing permethrin or DEET since mosquitoes may bite through thin clothing.
- Adults should apply insect repellent to children. Avoid applying it to their hands.
- Consider staying indoors at dawn, dusk and in the early evening during peak mosquito biting times.
- When possible, wear long-sleeved shirts and long pants when you are outdoors.
- Add mosquito netting to baby carriers.
- Install or repair window and door screens so that mosquitoes cannot get indoors.



ADDITIONAL RESOURCES:

www.cdc.gov/westnile
www.oregon.gov/DHS/index.shtml
www.mosquito.org

Oregon West Nile Virus Information Line
(Toll Free)
1-866-703-4636



WEST NILE VIRUS



WHAT IS WEST NILE VIRUS?

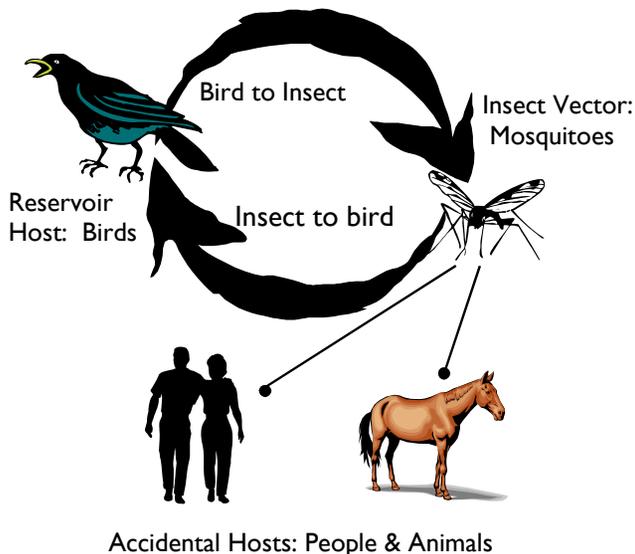


West Nile Virus is carried by mosquitoes and can infect humans, horses, birds and other animals. In the past, West Nile Virus (WNV) occurred in Africa, Eastern Europe and West Asia. In 1999, the virus was found for the first time in the United States. The virus may have been in mosquitoes, birds or humans entering the states.

HOW IS WEST NILE VIRUS SPREAD?

It is spread by infected mosquitoes that have been in contact with infected birds. Corvids (crows, jays, magpies) are very susceptible to infection. A person may be infected following the bite of an infected mosquito. The virus is typically not spread person-to-person. It is always a good idea to avoid contact with dead birds or animals because of potential diseases.

TRANSMISSION CYCLE OF WEST NILE VIRUS



DO HUMANS GET SICK FROM THIS VIRUS?

Most infections are mild with fever, headache and body aches, possibly with a skin rash and swollen lymph glands. More severe infections may cause encephalitis (inflammation of the brain). After being bitten by an infected mosquito, less than 1% of people who are infected become severely ill. Most people who are infected with West Nile Virus will not have any type of illness. It is estimated that 20% of those who become infected will develop West Nile fever.

WHAT PROPORTION OF PEOPLE WITH SEVERE ILLNESS DUE TO WNV DIE?

Among those with severe illness due to West Nile Virus, death rates range from 3% to 15% and are highest among the elderly. Less than 1% of persons infected with West Nile Virus will develop severe illness.



DO ANIMALS GET SICK FROM WNV?

In 2004, bird and horse cases were detected in all continental states except for one. Several species of wild animals have also been found positive for WNV. Vaccinations for horses are strongly recommended.

WHAT IS THE TREATMENT FOR WNV?

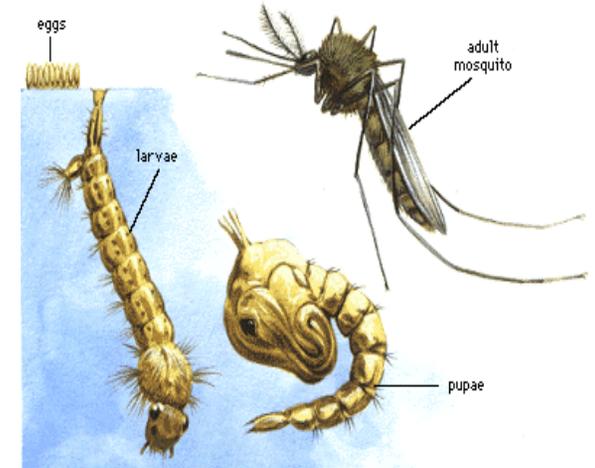
There is no human vaccine at this time. There is no specific treatment; supportive care may be given by physician or hospital.

WHAT SHOULD I DO IF I THINK I HAVE SYMPTOMS OF WNV?

Contact your health care provider if you or your family members develop symptoms such as high fever, confusion, muscle weakness, and severe headache.



Life Cycle of a Mosquito



Eggs—Mosquitoes lay their eggs on the surface of standing water or on soil that periodically floods. Most eggs hatch within 48 hours. Water is necessary for breeding eggs.

Larvae—This is the aquatic stage of the mosquito's life cycle. Larvae must live in water from 7 to 14 days.

Pupae—This is a resting non-feeding aquatic stage in which newly formed adult mosquitoes emerge.

Adults—This is the only stage where the mosquito does not require water and is able to fly. Only female mosquitoes require a blood meal. They do not 'bite', they feed on animals and humans.



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