



West Nile Virus

What is West Nile Virus?

West Nile virus (WNV) is a potentially serious virus that is transmitted by mosquitoes that affects the nervous system.

How is it Spread?

Most often, West Nile virus is spread by the bite of an infected mosquito. In a very small number of cases, WNV has been spread through blood transfusions, organ transplants, and mother-to-child. WNV is not spread through casual contact.

Symptoms *(most people affected with WNV show NO symptoms)*

Milder Symptoms, appearing in some people:

- Fever
- Headache
- Nausea
- Vomiting
- Body aches
- Swollen lymph nodes
- Skin rash

Serious symptoms, appearing in very few people (less than 1%):

- High fever
- Severe Headache
- Neck stiffness
- Stupor
- Disorientation
- Coma
- Tremors
- Convulsions
- Muscle Weakness
- Vision Loss
- Numbness
- Paralysis

Can Animals Be Infected?

Yes. West Nile virus can infect just about any animal, including dogs - however, the good news is they rarely, if ever, become sick from the virus. There is no proof that West Nile virus can be spread from person to person or from animal to person.

Protect Yourself Against West Nile Virus!

Remember the "Four D's" for your defense against exposure to mosquitoes:

- **DUSK & DAWN** are the times of day you should try to stay indoors. This is when infected mosquitoes are most active.
- **DRESS** in long sleeves and pants when you're outside. For extra protection, you may want to spray thin clothing with repellent containing permethrin or DEET.
- **DEET** (N, N-diethyl-m-toluamide) is an ingredient to look for in your insect repellent when outdoors.
- **DRAIN** standing water in your yard and neighborhood-old tires, flowerpots, and clogged rain gutters. These are mosquito breeding sites.

★ If you leave your windows open, make sure they have intact screens.

Can It Be Treated?

There is no specific treatment for WNV infection. In a serious case, a person may have to be hospitalized and given supportive treatment along with good nursing care.

For More Information:

Denton County West Nile virus website:
<http://dentoncounty.com/heart/wnv>
West Nile virus hotline:
(940) 349-2907



Centers for Disease Control and Prevention
<http://www.cdc.gov>

Updated July 18, 2012