



A MINUTE OF HEALTH WITH CDC

What's Biting You?

West Nile Virus Update — United States, January 1–July 22, 2008

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Summertime is the best time for enjoying the great outdoors, but nothing can spoil your fun like biting insects. Most insect bites cause only minor irritation; however, they can result in chronic illness or even death.

West Nile Virus is a common disease in the United States and is caused by a mosquito bite. While anyone can get West Nile Virus, it's most common among people over the age of 50. Preventive measures include using mosquito repellent, eliminating standing water where mosquitoes can breed, and keeping mosquitoes out of your living areas. A little prevention can ensure your summertime memories don't include a lingering illness.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.