



West Nile Virus

Preparedness Empowers You It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

**Be Ready Navy!
I am. Are you?**

West Nile Virus (WNV) is a viral disease that has emerged in temperate regions of North America and presents a threat to both public and animal health. WNV has become established as a seasonal disease that flares up in the summer months and continues into the fall.

Transmission

- WNV seems to be spread most commonly to humans through the bite of a mosquito that has fed on infected animals.
- WNV also can be spread through blood transfusions or from mother to child.
- WNV is not spread through casual contact with people.

Symptoms

- Approximately 80% of those infected never show any symptoms.
- Approximately 20% of those infected experience only mild symptoms for a few days:
 - » Fever
 - » Headache
 - » Body aches
 - » Nausea
 - » Vomiting
 - » Swollen lymph nodes
 - » Skin rash
- Fewer than 1% of those infected with WNV develops serious symptoms that may last several weeks:
 - » High fever
 - » Headache
 - » Neck stiffness
 - » Stupor
 - » Disorientation
 - » Coma
 - » Tremors
 - » Convulsions
 - » Muscle weakness
 - » Vision loss
 - » Numbness
 - » Paralysis
 - » Permanent neurological damage
- If symptoms develop, it is typically between 3 to 14 days after an individual is bitten by an infected mosquito.

Treatment

- If you experience any symptoms, contact your physician.
- No vaccine or specific antiviral treatments for WNV infection are available.
- Over-the-counter pain relievers can be used to reduce fever and relieve some symptoms.

Prevention

The best way to avoid WNV is to avoid mosquitoes:

- Wear insect repellent on any exposed skin when outside.
- Try to wear long sleeves, pants, and socks—clothing can protect from mosquitoes.
- Be aware of peak mosquito hours in your area.
- Drain standing water to prevent mosquitoes from multiplying.
- Maintain screens on windows and doors to prevent mosquitoes from entering buildings.

Where to Find Additional Information

- Centers for Disease Control and Prevention (CDC)—
 - » www.cdc.gov/ncidod/dvbid/westnile/qa/prevention.htm
 - » http://www.cdc.gov/westnile/resources/pdfs/wnvFactsheet_508.pdf