WEST NILE VIRUS

PROTECT YOURSELF AND YOUR FAMILY

• Avoid mosquito bites
• Eliminate breeding sites
• Help your community

West Nile virus (WNV) is spread by infected mosquitoes and can cause serious, life-altering and even fatal disease.

Be aware of your risk for illness. Anyone can get sick; those age 50+ are at highest risk of becoming seriously ill. Symptoms may last several weeks and some effects may be permanent.

Symptoms of severe illness include:
• Severe headache
• Mental confusion
• Muscle weakness
• Tremors (shaking)
• High fever
• Stiff neck
• Coma
• Paralysis

See your health care provider if you develop any of these symptoms.

Avoid mosquito bites. All it takes is one bite from an infected mosquito to get WNV.

Use mosquito repellent. Follow manufacturer’s instructions. The most effective repellents contain:
• DEET
• Picaridin
• Oil of lemon eucalyptus
• Permethrin (for clothing, shoes, bed nets and camping gear but not for skin)

Cover up with long sleeves and pants.

Know that peak biting hours are from dusk to dawn.

Eliminate breeding sites. Don’t give mosquitoes a place to breed. Encourage your neighbors to do the same.

FOR MORE INFORMATION:
404-508-7871
WWW.DEKALBHEALTH.NET

MOSQUITO PREVENTION CHECKLIST

The mosquitoes that carry West Nile virus tend to breed in containers and typically do not fly very far. Therefore, your help is needed to effectively reduce mosquito populations around your home.

Make a checklist of items in your yard to check weekly for standing water. Empty, drain or remove. Remember, a bottle cap can hold enough water to breed mosquitoes.

I have marked the items below that I noticed may need attention.

☐ Air conditioner
☐ Birdbath
☐ Boat
☐ Bucket, pan, can
☐ Container
☐ Decorative pond
☐ Ditch
☐ Drink can, bottle
☐ Flower pot
☐ Litter and debris
☐ Low spot in yard
☐ Magnolia leaves
☐ Pet bowl
☐ Plastic sheeting
☐ Rain barrel, cistern
☐ Rain gutters and drains
☐ Swimming pool, spa and covers
☐ Tarp or other plastic covers
☐ Tire
☐ Tree hole
☐ Truck bed
☐ Wading pool
☐ Wagons, trucks, toys
☐ Wheelbarrow

Additional concerns in your yard are:

Thank you for helping us protect the health of those who live, work and play in DeKalb County!

QUESTIONS?
CONTACT:
NUMBER: