

Avoiding West Nile Virus

Stay away from places where there are a lot of mosquitoes such as lakes and ponds.

Stay inside at dusk and dawn when mosquitoes are more active.

When around mosquitoes:

- Use repellent that contains "DEET", but be careful to follow product directions, especially for children.
- Wear long-sleeve shirts and long pants, socks, and shoes.
- Make sure that the windows and screen doors are in good condition.
- If mosquitoes get inside your house, use a fly swatter instead of an insect spray. Insect sprays are generally not recommended and, if used, must be applied according to manufacturer's instructions.
- Replace outdoor lights with yellow "bug" lights.

For your backyard:

- Change the water in birdbaths at least weekly.
- Clean rain gutters so they drain properly.
- Cover or empty wading pools when they are not in use.
- Avoid having containers, cans, and old tires with standing water outside your home.

Mosquitoes need water to breed.

Questions about West Nile Virus?

Call (503) 588-5342.

What about Dead Birds?

If you notice an unusual number of dead jays or crows in your area, notify Marion County Health Department, (503) 588-5346. Do not handle dead birds with your bare hands. Use gloves or a shovel.

What about Horses and Other Animals?

Two new vaccines are licensed for use in horses. Contact your vet for details.

West Nile Virus hardly ever harms pets such as dogs and cats. Again, contact your vet for details.

Marion County Health Department

3180 Center St. NE
Salem, Oregon 97301
Phone: (503) 588-5342
TDD: (503) 588-5400
Fax: (503) 566-2920
<http://health.co.marion.or.us/>

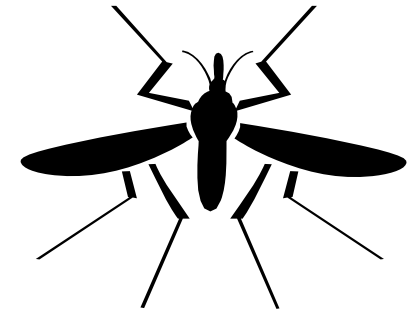


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West Nile Virus

Fight the Bite!



Marion County
Health Department

Phone: (503) 588-5342
<http://health.co.marion.or.us/>

West Nile Virus (WNV)

What is West Nile Virus (WNV)?

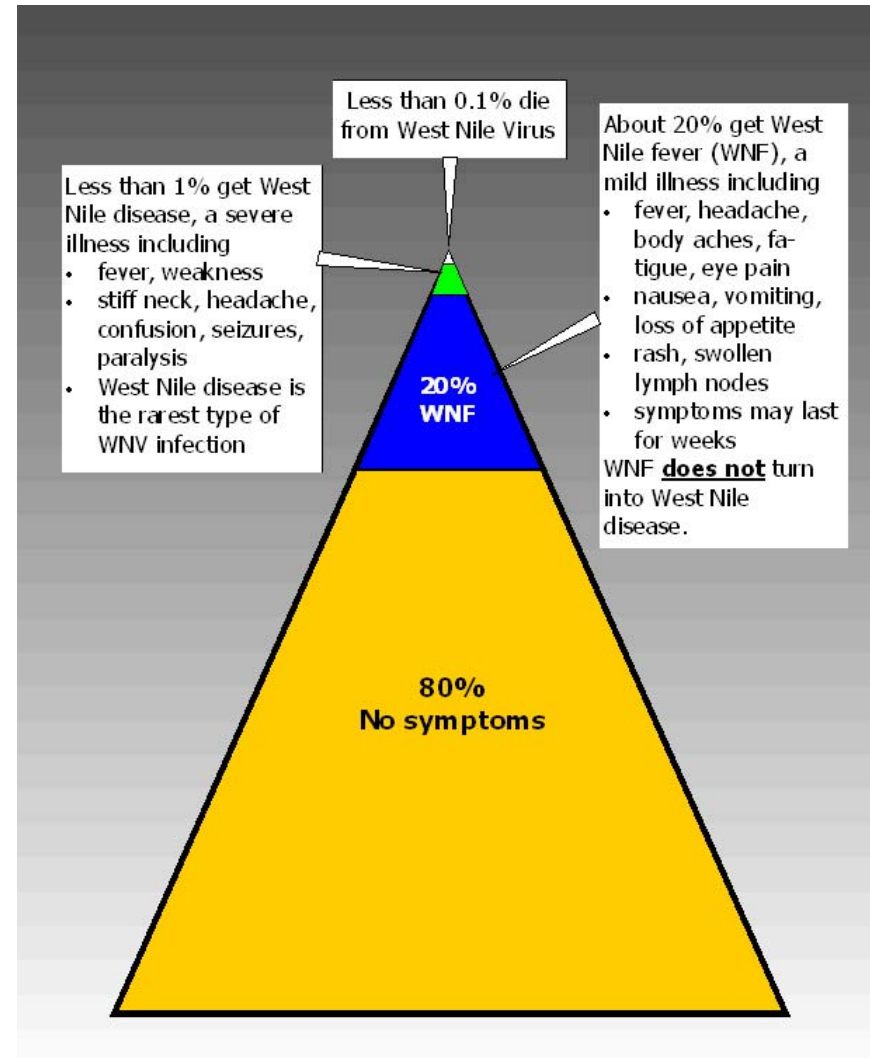
It is a virus passed by mosquito bites to humans and mosquito bites to animals such as birds and horses. However, humans do not get WNV from birds and horses.

It has also rarely been passed through blood transfusions, organ transplants, from mother-to-newborn (through birth and breastfeeding), and job exposure (such as lab accidents, alligator and poultry farming).

What Happens with WNV Infection?

So far, research shows one of three things can happen:

1. Most people (about 80 percent) who get infected with WNV will not get sick.
2. About 20 percent of those infected with WNV will get West Nile fever. This is a mild illness.
3. About one in 150 people infected with West Nile Virus will develop West Nile disease, the most severe form of the infection.



What if you think you have West Nile fever or West Nile disease?

Contact your health care provider.