

# Anyone can get West Nile Virus.

## FIGHT THE BITE



### Medical information:

- > Most people with West Nile Virus have no symptoms, while others may experience fever, headache, body aches, skin rash and swollen lymph glands.
- > West Nile Virus can cause encephalitis, which is an inflammation of the brain.
- > People with severe infections may experience headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, occasional convulsions and paralysis.
- > If you have any of these symptoms, contact your doctor.
- > People over 50 years of age have the highest risk of developing severe illness because the human body has a harder time fighting off disease as it ages.
- > People with chronic diseases also have an increased risk of getting West Nile Virus.
- > There is no specific treatment for West Nile Virus infection. Most people recover fully from the virus, but some have ongoing health problems.

**Avoid mosquitoes and you'll avoid West Nile Virus.**

For more information about West Nile Virus, contact your city, county or state health department:

#### Missouri

Caldwell County.....	816-586-2311
Carroll County.....	660-542-3247
Cass County.....	816-380-8425
Clay County.....	816-476-4114
Clinton County.....	816-539-2144
Independence.....	816-325-7297
Jackson County.....	816-404-6415
Johnson County.....	660-747-6121
Kansas City.....	816-513-6140
Lafayette County.....	660-259-4371
Platte County.....	816-858-2412
Ray County.....	816-776-5413
Missouri Dept. of Health and Senior Services	
Toll-free number.....	866-628-9891

#### Kansas

Franklin County.....	785-229-3530
Johnson County.....	913-826-1200
Lawrence-Douglas County.....	785-843-3060
Leavenworth County.....	913-250-2000
Wyandotte County.....	913-573-6712
Kansas Dept. of Health and Environment	
Dead Bird Hotline.....	877-228-2287

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[www.marc.org/westnile](http://www.marc.org/westnile)

# Protect yourself and your family from West Nile Virus

## FIGHT THE BITE



West Nile Virus is typically spread by mosquitoes after they feed on infected birds and then bite people.

By eliminating places for mosquitoes to breed, we can go a long way toward preventing West Nile Virus.

Many cities and counties are taking actions to reduce risks to citizens, but preventive measures you can take yourself are most effective.

**WHAT CAN YOU DO?**



## WHAT CAN YOU DO?

**It is not necessary to limit outdoor activities. You can reduce your risk of being bitten by mosquitoes by taking the actions on this checklist:**

- ✓ Avoid mosquito-infested areas.
- Dispose of tin cans, plastic containers, ceramic pots or other water-holding containers on your property.
- Pay special attention to discarded tires on your property or in your neighborhood. Many neighborhoods are organizing tire cleanup events. Contact your local government for more information.
- Drill holes in the bottom of recycling containers that are left outdoors.
- Keep roof gutters clean and make sure they can drain properly.
- Turn over plastic wading pools when not in use or empty twice each week.
- Stir ornamental pools and water gardens or stock them with mosquito-eating fish.
- Maintain swimming pools and drain pools that are not being used.
- Use landscaping to eliminate standing water on your property.
- Change the water in bird baths at least twice each week.
- Cover boats and wheelbarrows or store them upside down.
- Make sure all windows and doors have screens, and that all screens are in good repair.
- Wear light-colored clothing. Wear shoes, socks, long pants and a long-sleeved shirt when outdoors for long periods of time, or when mosquitoes are most active.
- Consider the use of mosquito repellent containing DEET, according to directions, when it is necessary to be outdoors. Wash all treated skin and clothing when returning indoors. (The American Academy of Pediatrics and other experts suggest that it is acceptable to apply repellent with low concentrations of DEET to infants over 2 months old.)

**Contact your local health department for more information.**

## Birds and West Nile Virus

An unusually high number of dead birds in an area can indicate the presence of West Nile Virus. Some health departments keep track of the number and location of dead birds to help them determine where they should concentrate their mosquito eradication efforts.

If you find dead birds in your area, contact your local health department to find out if they want to record the information.

It is unlikely that people can contract WNV from handling dead birds, but birds carry other diseases and should never be handled with your bare hands. For safe disposal, wear gloves or cover your hands with plastic bags. Double-bag dead birds in sealed plastic bags, and place them in an outside trash container for pickup.

**Any time is a good time  
to eliminate areas  
where mosquitoes breed!**



**FIGHT  
THE  
BITE**