



One bite. One life changed forever.

Protect yourself.

What is West Nile Virus?

West Nile Virus (WNV) is a mosquito-borne virus that can potentially cause a serious illness. It has been common in Africa, Asia, and the Middle East for decades, but has only been in the United States since 1999.

How do I get West Nile Virus?

West Nile Virus has become a fact of life for all Coloradans regardless of age. It's not just the very young or old who are at-risk.

- WNV is spread by the **bite of an infected mosquito**.
- WNV is **NOT** spread through casual contact, such as touching or kissing a person with the virus.

What are the symptoms?

People will typically become ill between 3 and 14 days after being bitten by an infected mosquito.

- **1 out of 5 people infected with WNV will suffer a debilitating illness that will often last longer than one week and in some cases three months or longer.**
- Symptoms may include fever, extreme fatigue, head and body aches, a skin rash, or swollen lymph glands.
- More severe symptoms include loss of vision, paralysis, coma, tremors, convulsions, meningitis, encephalitis, and may sometimes lead to death.

What can I do to protect myself and my family?

The only treatment available for WNV is PREVENTION. Remember and practice the four Ds:

- **DEET** – use DEET-enhanced insect repellent
(a 2% soy-based product is also available)
- **Dress** – in long-sleeves and pants
- **Dusk to Dawn** – avoid the outdoors from dusk until dawn
- **Drain** – drain standing water outside your home

For more information, visit www.bouldercountymosquito.net or call 303.441.1460.