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.

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.

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.

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.