

### You Can...Report Dead Birds

Dead crows, magpies, ravens, jays and hawks are usually an early warning sign that mosquitoes carrying WNV are in your area. If you find one of these birds, call your local Fish and Game office. By calling, you can help monitor where WNV may be. Always wear latex or rubber gloves if you handle any dead animals.



### You Can...Promote Community Action

- Reducing mosquito breeding habitat in the community helps everyone. Reduce over-watering in parks, golf courses and public recreation areas and talk to your homeowners' association about controlling mosquito populations in community catchment ponds. Pesticides can be extremely dangerous if not applied correctly. Application of pesticides in community settings should be left to licensed applicators so that residents and the environment are not harmed.
- Counties and communities can form mosquito abatement districts to help control mosquito populations. Abatement districts develop effective, long-term plans to control mosquito populations and are funded through local taxation. By Idaho law, abatement districts are the only public entity that can provide area-wide mosquito control. Contact your county commissioners about forming a mosquito abatement program in your community today.

### For More Information

[www.westnile.idaho.gov](http://www.westnile.idaho.gov)

Follow the links for information on public health.

- General Health
- Pesticides
- Animal Health
- Birds, Wildlife and WNV

If you have other health-related questions, please contact your District Health Department or your healthcare provider.

West Nile Virus Information Line  
1-877-333-WNV1 (9681)

Treasure Valley West Nile Virus  
Information Line - 334-6500



# Fight The Bite



# West Nile Virus

West Nile virus is here to stay in Idaho.

You can protect yourself with a few easy steps.



*Protect Yourself!*

## You Can...Avoid Illness

Infected mosquitoes can carry West Nile virus (WNV) and spread it to people and animals.

Four out of five people infected with WNV won't have any symptoms, but some people can become very sick and some will die. Although infections can be more serious in older people, the virus can cause severe illness in all ages. Symptoms of WNV show up



around 3 to 14 days after a bite from an infected mosquito. You can only get WNV from a mosquito bite - you can't catch WNV from a person or animal.

## Illness from West Nile Virus

West Nile Fever – Symptoms may include fever, tiredness, headaches, a rash and sore muscles. Symptoms can be very serious and painful and can last for days to months.

West Nile Neuroinvasive Disease – The virus may infect the brain or nerves causing very serious problems like brain swelling and paralysis. A person with West Nile Neuroinvasive Disease may have seizures, tired arms and legs, a rash, stomach pain, and may seem confused. Recovery can take months, or may lead to long-term problems and in rare cases, death.

Your doctor is the best person to talk to about West Nile virus.

## You Can...Protect Yourself and Your Family

Avoid mosquito bites by following these important, but easy steps:



Use insect repellents to avoid mosquito bites. DEET, Picaridin, and Oil of Lemon Eucalyptus are all EPA-approved repellents. Follow label instructions carefully.



DEET is endorsed by the American Academy of Pediatrics for children over 2 months of age.



Cover up when outside. Put on long pants, long-sleeved shirts and socks from dusk to dawn when mosquitoes are most active. Cover up your baby, too. Use mosquito netting over baby carriers and strollers.



Mosquitoes lay their eggs in standing water. Get rid of standing water on your property, even small amounts of water such as what collects in an old tire or an empty flower pot.



Clean or drain bird baths and non-circulating decorative ponds weekly.



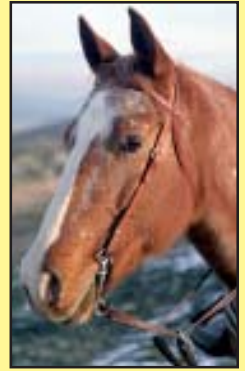
Clean your rain gutters.



Repair or put in screens on your windows and doors.

## You Can ...Protect Your Horse

Horses can become very sick from WNV - some will die. You can protect your horse with a yearly shot available from veterinarians or through feed and tack stores. You should clean water troughs once a week to reduce mosquito larvae.



Don't over water your pasture - this creates puddles where mosquitoes like to breed.

## You Can...Enjoy the Outdoors

You can still enjoy Idaho's beautiful outdoors and protect yourself and your family from harmful mosquito bites.

Avoid mosquito bites when you are outside.

Hunters should not harvest or eat wild game animals that appear sick. Always wear latex or rubber gloves when cleaning and processing game and always cook meat thoroughly before eating.

