

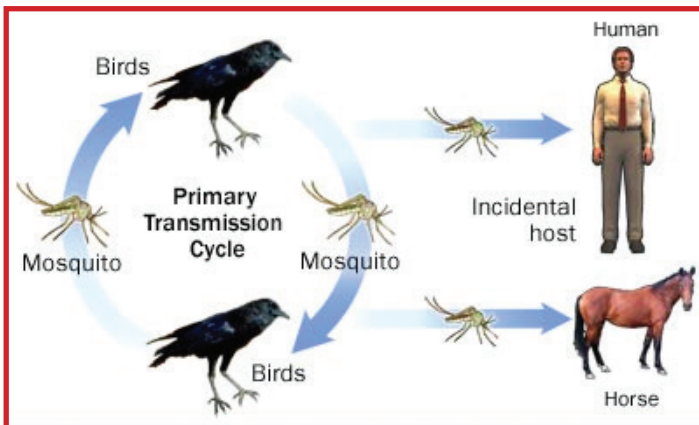
What You Need to Know About

West Nile Virus in San Fernando Valley

What is West Nile virus?

West Nile virus a “bird virus” that is primarily transmitted between birds by mosquitoes. The virus is transmitted to humans through the bite of a mosquito infected with West Nile virus. People who get West Nile virus cannot transmit it to other people.

West Nile virus is considered endemic, which means we can expect the virus to stay in our environment and affect many people every year.



Symptoms



One in five persons infected with West Nile virus will exhibit symptoms. Symptoms usually occur between five and 15 days. Symptoms include:

- Fever
- Headache
- Body aches
- Nausea
- Skin rash

These symptoms can last for several weeks to months. One in 150 people infected with the virus will become severely ill. Severe symptoms include high fever, muscle weakness, neck stiffness, coma, paralysis, and possibly death.

How do I know if I have West Nile virus?

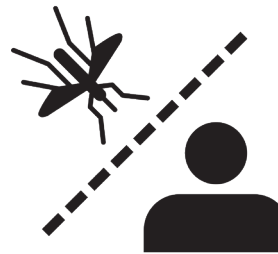
Contact your physician if you are experiencing symptoms or are concerned. A blood test may be done to determine if you have the virus. **There is no vaccine or cure for West Nile virus.**

For more information:

Visit the Greater Los Angeles County Vector Control District website at www.GLACVCD.org or call us at 562-944-9656.



Prevention



The best prevention is to stop the mosquitoes before they bite. Since mosquitoes lay eggs in standing water, **eliminate any water sources around the home at least once a week.** Any container that can hold water is a potential breeding source for mosquitoes.

It is recommended that everyone take the following precautions:

- **Avoid** activity at dawn and dusk when mosquitoes are most active.
- **Apply mosquito repellent** containing the active ingredients DEET, Picaridin, Oil of Lemon Eucalyptus or IR3535 when outside.
- **Wear** protective clothing (loose, light colored, long sleeve shirts and pants)