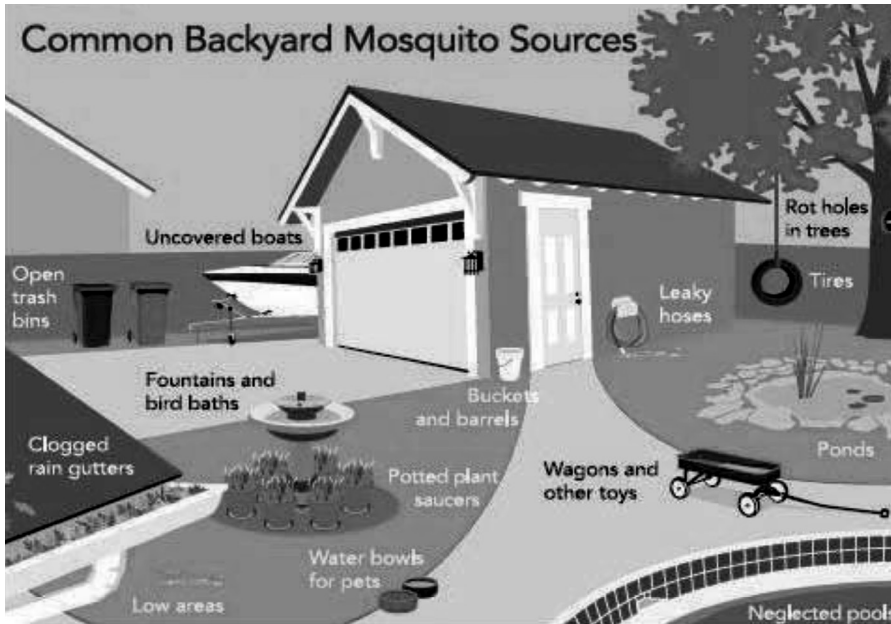


FIGHT THE BITE

Protect yourself against West Nile Virus

*Everything's bigger in Texas; some might say that includes the bugs!
Remember the **4-Ds** for your defense against mosquitoes:*



DRAIN standing water in your yard and neighborhood to cut mosquito breeding sites (old tires, flowerpots and clogged rain gutters). Evaluate your home and business for some of these common mosquito sources. **DUSK & DAWN** are the times of day you should try to stay indoors; this is when mosquitoes are most active. **DRESS** in long sleeves and pants when you're outside, and spray thin clothing with repellent. **DEET** (N,N-diethyl-m-toluamide) is an ingredient to look for in your insect repellent (check for 10-30 percent).

MOSQUITO DUNKS

are available at any large retail store that supplies repellent and insecticide.

Most people with West Nile Virus will have no symptoms. Those who show symptoms will do so approximately 3-14 days after being bitten by an infected mosquito:

COMMON SYMPTOMS

- Fever
- Headache
- Nausea/Vomiting
- Possible Skin Rash
- Swollen Lymph Glands

SEVERE SYMPTOMS

(Less than 1 percent)

- High Fever
- Severe Headache
- Neck Stiffness

- Disorientation
- Tremors/Convulsions
- Muscle Weakness
- Paralysis
- Vision Loss

Milder WNV illness typically improves on its own. If you develop symptoms of severe WNV illness, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms.



For more information on the WNV and other mosquito-transmitted viruses, visit dentoncounty.com/Departments/Health-Services/Health-Emergency-Alert-Response-Team
972.219.3700 • cityoflewisville.com • West Nile Hotline: 940.349.2907