

WEST NILE VIRUS (WNV) IN HUMANS

West Nile virus is the most common mosquito-borne disease in the continental United States. It is known to infect birds, horses and other animals, and is spread to humans mainly through the bite of infected mosquitoes. Cases of West Nile occur during the mosquito season, which starts in the summer and continues through fall. Mosquitoes bite humans during the day and night.

The incubation period for WNV is 2-14 days. Most infected individuals (80%) do not get sick, and 20% develop mild symptoms such as fever, headache, body aches, skin rashes, and swollen lymph nodes. However about 1 in 150 infected persons develop serious complications like encephalitis and death.

There is no specific treatment or vaccination for WNV.

The best way to prevent West Nile Virus is to protect yourself from mosquito bites.

- Use EPA-registered insect repellents. (Follow label instructions).
- Wear long-sleeved shirts and pants.
- Wear clothing and gear treated with permethrin.
- Take steps to control mosquitoes indoors and outdoors.

To control mosquitoes indoors and outdoors

- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outdoors.
- Use air conditioning, if available.
- Prevent mosquitoes from laying eggs and breeding in or near water.
 - Check for water-holding containers both indoors and outdoors.
 - **Once a week**, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, toys, pools, birdbaths, flowerpot saucers, or trash containers.

For questions and more information, please contact the Brazos County Health District at: 979-361-4440

Further information on West Nile Virus Disease:

<https://www.dshs.texas.gov/idcu/disease/arboviral/westnile/>

<https://www.cdc.gov/westnile/prevention/index.html>

<https://www.cdc.gov/mosquitoes/prevention/index.html>