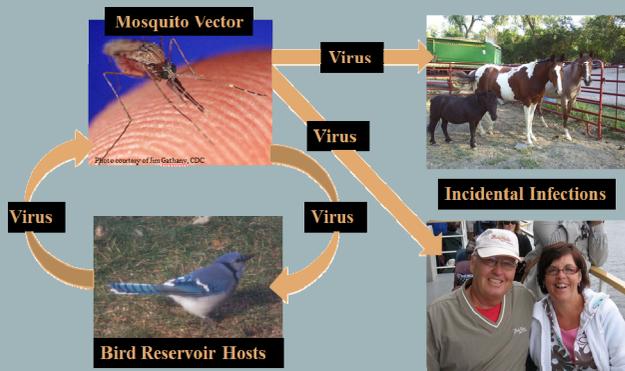


WEST NILE VIRUS TRANSMISSION CYCLE

West Nile virus is a natural disease of birds. Mosquitoes become carriers when they feed on an infected bird. The infected mosquito can then transmit the virus to other birds, humans, horses and other animals.



**You can still enjoy outdoor activities.
Just take the proper precautions.**

FOR MORE INFORMATION ABOUT WEST NILE VIRUS:

Contact your local health department.

Additional information can be found at

www.ndhealth.gov/wnv

or by calling the North Dakota
Department of Health at 800.472.2180.

REPORTING DEAD BIRDS

Help watch for West Nile virus by reporting dead birds online at www.ndhealth.gov/wnv.

Certain birds can be tested for West Nile virus if found within 48 hours of death. Check with your local public health unit, Indian Health Service environmental officer or sanitarian, local veterinarian, county extension agent or vector control office for bird testing criteria.



NORTH DAKOTA
DEPARTMENT of HEALTH



NORTH DAKOTA
DEPARTMENT of HEALTH

Protecting yourself and your family against

West Nile Virus

WHAT IS WEST NILE VIRUS?

West Nile virus is spread by mosquitoes and usually affects birds.



Most people who get infected with West Nile virus do not have any symptoms. Those who do have symptoms commonly experience a fever, headache and body aches. A small number of people who get infected with West Nile virus develop severe disease that can lead to swelling of the brain or even death.

People age 50 and older and some immunocompromised people have a greater chance of becoming sick and are more likely to develop serious symptoms of West Nile virus.

PROTECT YOURSELF AND YOUR FAMILY!

The best way to protect yourself and others is by taking precautions to avoid mosquito bites.

- Wear light-colored, long pants and long-sleeved shirts.
- Stay indoors during the evening and early morning hours when mosquitoes are most active.
- Use an insect repellent containing DEET, picaridin, IR3535, oil of lemon eucalyptus (PMD) or permethrin. Always follow the directions on the label.
- Install or repair screens on windows and doors.



CONTROL MOSQUITO BREEDING!

Control the spread of West Nile virus by eliminating breeding sites.

Mosquitoes can breed in a very small amount of standing water in just a few days. Here are ways to help reduce mosquito breeding around your home.

- Keep the grass and shrubbery cut short.
- Clean roof gutters and downspout screens.



- Remove old tires from your yard and surrounding areas. For more information, call the Division of Waste Management at 701.328.5166.
- Empty water from buckets, birdbaths, wading pools, troughs and potted-plant drip trays every four to five days.