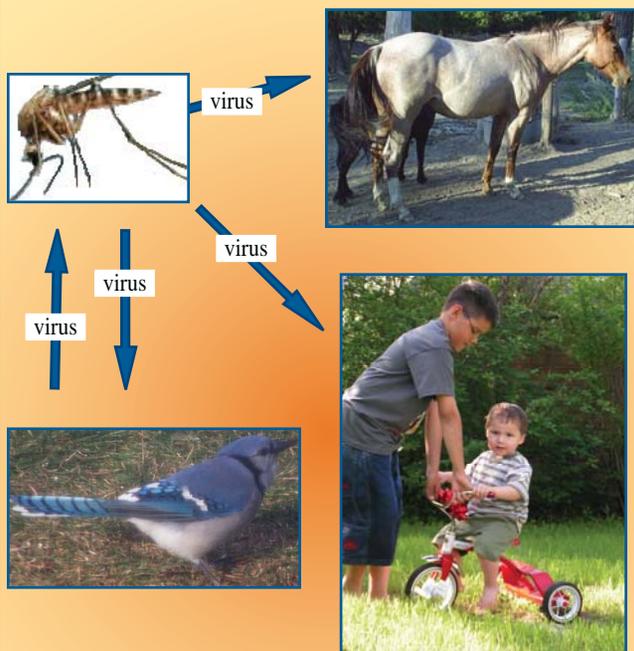


Mosquitoes become carriers of West Nile virus when they feed on birds that are already sick. Mosquitoes can then give the virus to other birds, humans or horses.

### West Nile Virus Transmission Cycle



### SHOULD I REPORT DEAD BIRDS?

Help watch for West Nile virus by reporting dead birds online at [www.ndhealth.gov/wnv](http://www.ndhealth.gov/wnv).

Certain birds can be tested for West Nile virus only within 48 hours of death. Contact Indian Health Service for information.

**Vaccinate your horses.  
Foals too!! Contact your  
local veterinarian.**



### FOR MORE INFORMATION ABOUT WEST NILE VIRUS

You can contact your environmental health officer at 701.627.4701 or your health-care provider.

Additional information can be found at:

[www.ndhealth.gov/wnv](http://www.ndhealth.gov/wnv)

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

Photographs courtesy of Glenda Embry.  
Adapted with permission from the Cheyenne River  
Sioux Tribe Environmental Health

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## Fort Berthold Reservation

# West Nile Virus

**What can you do to  
protect yourself and  
your family?**



**NORTH DAKOTA**  
DEPARTMENT of HEALTH

## WHAT IS WEST NILE VIRUS?

West Nile virus is transmitted by mosquitoes and usually affects birds. Most people with West Nile virus have no symptoms, but in people who do, fever, headache and body aches are the most common. However, it also can cause swelling of the brain or even death, although this does not happen very often.



People 50 and older have a greater chance of becoming sick than those who are younger.

## PROTECT YOURSELF AND YOUR FAMILY FROM MOSQUITO BITES!



Wear light-colored, long pants and long-sleeved shirts.



Stay inside during the evening and early morning hours when mosquitoes are most active.



Use insect repellent products containing DEET, picaridin, IR3535, oil of lemon eucalyptus or permethrin. Always follow the directions on the label.



Install or repair screens on doors and windows.

**You can still enjoy pow-wows and other outdoor activities. Just take proper precautions.**



## CONTROL MOSQUITO BREEDING!

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.



Empty water from buckets, birdbaths, wading pools, troughs and potted-plant trays every four to five days.



Clean roof gutters and downspout screens.



Keep grass cut short.



Remove old tires from your yard and surrounding areas. For more information, call the Department of Solid Waste at 701.627.4382.

