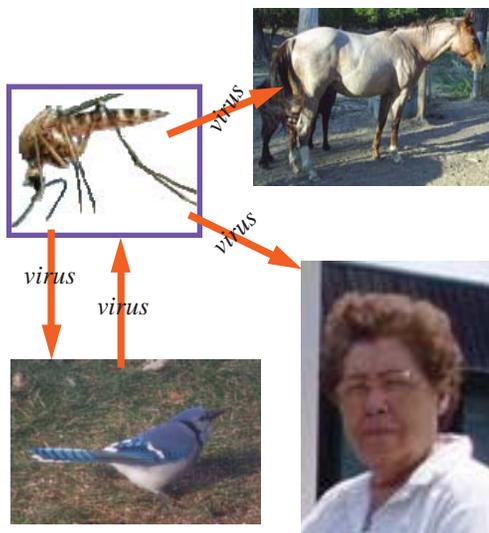


Mosquitoes become carriers of West Nile virus when they feed on birds that are already sick. Mosquitoes can then give West Nile virus to other birds, humans or horses.

*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 public health at 766.4236 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.

Adapted with permission from the Cheyenne River Sioux Tribe Environmental Health

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## Spirit Lake 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 spread by mosquitoes and usually affects birds.



Most people with West Nile 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 or older have a greater chance of becoming sick than those who are younger.

## PROTECT YOURSELF AND YOUR FAMILY!

-  Wear light-colored, long pants and long-sleeved shirts.
-  Limit outdoor activities in the evening when mosquitoes are most active.
-  Use insect repellent containing DEET, picaridin, IR3535, oil of lemon eucalyptus or permethrin. Always follow the directions on the label.
-  Install or repair screens on windows and doors.

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

## CONTROL MOSQUITO BREEDING!

Mosquitoes can breed in a small amount of standing water in just a few days.

-  Keep grass cut short.



-  Remove old tires from your yard. For more information, call the Division of Waste Management at 701.328.5163.
-  Clean roof gutters and downspout screens.
-  Empty water from buckets, tarps, wading pools, troughs and potted-plant drip trays every four to five days.