PREVENTING WEST NILE VIRUS

a mosquito-transmitted disease

OKLAHOMA State Department of Health

Preventing mosquito bites is the best way to protect yourself from West Nile Virus (WNV) infection. Symptoms of WNV are fever, headache and body and joint pain. Although most cases are mild, 1 in 150 humans develop more severe symptoms, including meningitis or encephalitis (inflammation of the brain) that can lead to death.

At least once a week, identify and eliminate stagnant water where mosquitoes lay eggs.

- Cover open trash bins and buckets.
- Empty potted plant saucers indoors and outdoors.
- Drain water from uncovered boats.
- Eliminate puddles of water around leaky outside water hoses.
- Repair rot holes in trees.
- Prevent water accumulation in tires and tire swings.
- Clean and freshen water in birdbaths and pet water bowls.
- Keep rain gutter clear of debris and standing water.
- Maintain screens on doors and windows.
- Reduce standing water in yard and drainage ditches near your home.
- Empty water that accumulates in wheelbarrows, wagons and other toys.

REMEMBER THE 4 Ds TO PROTECT YOURSELF FROM MOSQUITO BITES

Defend: Consistently wear and reapply an EPA-approved mosquito repellent, such as DEET, when outdoors.
Dress: Wear closed-toe shoes, light colors and long sleeves and pants to keep your skin protected.
Drain: Drain standing water on your property so mosquitoes cannot breed.
Dusk & Dawn: Limit your time outdoors when mosquitoes are most active.

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