

Insect repellent facts

Insect repellent helps reduce your exposure to mosquito bites that may carry West Nile virus or other diseases, and allows you to continue to play, work and enjoy the outdoors with a lower risk of disease.

The most effective repellents contain DEET (N,N-diethyl-m-toluamide) or permethrin. Oil of lemon eucalyptus, a plant-based repellent, is also registered with EPA. This type of repellent provides protection similar to repellents with low concentrations of DEET.

Follow the directions on the product you are using. Sweating or getting wet may mean that you need to re-apply more frequently.

Follow these general guidelines:

- Cover exposed skin or clothing. Don't apply repellent under clothing.
- Do not apply repellent to cuts, wounds or irritated skin.
- Wash treated skin with soap and water after returning indoors.
- Do not apply products directly to your face. Spray your hands and then rub them carefully over the face, avoiding eyes and mouth.
- Do not apply repellent to children's hands. (Children may put their hands in their mouths.)
- Do not allow young children to apply insect repellents to themselves. Instead, apply it to your own hands and then rub them on your child. Avoid children's eyes and mouth and use it sparingly around their ears.

- DEET products can be applied safely to children when used according to manufacturer's recommendations. The American Academy of Pediatrics advises that repellents with DEET not be used on infants less than 2 months old.

People can, and should, use both a sunscreen and an insect repellent when they are outdoors. In general, the recommendation is to apply sunscreen first, followed by repellent.

For your information

American Mosquito Control Association
(732) 214-8899 or <http://www.mosquito.org>

Centers for Disease Control & Prevention
<http://www.cdc.gov>

Environmental Protection Agency
(800) 321-7349 or <http://www.epa.gov/pesticides/health/mosquitoes>

National Pesticide Information Center
(800) 858-7378 or <http://npic.orst.edu>

**Southern Nevada Health District
Mosquito Control Program**
www.SouthernNevadaHealthDistrict.org/mosquito_control/index.htm

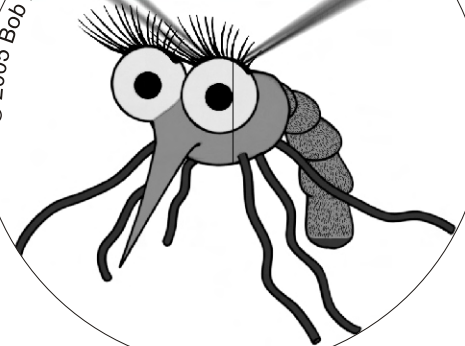


625 Shadow Lane | P.O. Box 3902
Las Vegas, NV 89127
Mosquito Control Hotline (702) 759-1220
www.SouthernNevadaHealthDistrict.org

What You Need to Know About

West Nile Virus

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What is West Nile virus and what does it mean to me?

West Nile virus is a potentially serious but preventable viral illness most often spread by the bite of an infected mosquito.

Mosquitoes become infected when they feed on infected birds. West Nile virus can infect humans, birds, mosquitoes, horses and some other mammals. It is not transmitted from person-to-person.

The chance of illness to humans is small. Even in areas where the virus is circulating, very few mosquitoes are infected with the virus. Even if the mosquito is infected, less than 1 percent of people who get bitten and become infected will get severely ill. The chances you will become severely ill from any one mosquito bite are extremely small.

How can I protect myself and my family?

It is important to remember the risk of becoming ill from one mosquito bite is low. The easiest and best way to avoid West Nile virus is to prevent mosquito bites and eliminate areas of standing water around your home.

Prevent Mosquito Bites

- When outdoors, use insect repellents containing DEET, picaridin or oil of lemon

eucalyptus. Follow directions on the package.

- Wear pants and long-sleeved shirts when outdoors and spray repellent on clothes and exposed areas of skin. Light colored clothing can help you see mosquitoes that land on you.
- Avoid spending time outside when mosquitoes are most active, notably at dawn and dusk (two hours after sunset).
- If you are outdoors in a mosquito infested area, use mosquito netting over infant carriers and when sleeping outdoors.
- Make sure doors and windows have tight-fitting screens without tears or holes.

Eliminate Standing Water

- Eliminate areas of standing water, including bird baths, unmaintained swimming pools and pool covers.
- Aerate ornamental pools and ponds using a fountain or bubbler, or stock them with mosquito eating fish.
- Change water in pet dishes twice a week.
- Drill holes in tire swings, recycling containers, etc., so water drains out.
- Keep children's wading pools empty and on their sides when not being used.
- Make sure gutters drain properly. Clean clogged gutters in the spring and fall.
- Use landscaping to eliminate stagnant water, and clean up leaf litter and similar organic debris.

How can I tell if I have been infected?

Approximately 80 percent of people (about 4 out of 5) infected with West Nile virus will not show any symptoms at all.

Up to 20 percent of the people who become infected will display symptoms similar to the flu. Symptoms typically last a few days, though even healthy people have been sick for several weeks.

About one in 150 people infected with West Nile virus will develop severe illness. The severe symptoms may include: high fever, headache, neck stiffness, disorientation, coma or tremors. These symptoms may last several weeks and neurological effects may be permanent.

People typically develop symptoms between three to 14 days after they are bitten by an infected mosquito.

West Nile virus is diagnosed by a blood test. There is no specific treatment for West Nile virus infection. Mild symptoms such as fever and aches usually resolve on their own.

In more severe cases, people usually need to go to the hospital where they can receive supportive treatment including intravenous fluids, help with breathing and nursing care.

