



## WEST NILE VIRUS PREVENTION RECOMMENDATIONS –

### Summer/Fall

West Nile Virus was first discovered in the United States in 1999. It is a bird disease that can be transmitted to humans and should be taken seriously. The Grayson County Health Department (GCHD) urges all Texoma region citizens to avoid this deadly disease by taking the following precautions and using these best practices:

1. Stay indoors at dusk and dawn.
2. When outdoors, dress in long sleeves and long pants.
3. When outdoors, use insect repellent that contains DEET, picardin, or oil of lemon eucalyptus. Follow label directions.
4. Drain any item in your yard that can hold rain water or irrigation water. Bird baths should be emptied and refilled twice each week. Remove cans, tires, and other containers that collect rain water. Drill holes in the bottom of tire swings to allow water to drain.
5. If your home has rain gutters, check them to see if they are clogged with leaves and holding water.
6. Use air conditioning or make sure there are tight-fitting screens without tears or holes on all windows and door screens.
7. If you know locations of standing water (such as abandoned swimming pools), notify city or county officials.
8. If mosquitoes are landing on you, go indoors.



**“Don’t Get Bitten, and Don’t Grow Your Own Mosquitoes”**



### Important Facts about West Nile Virus

- It is a bird virus that has been a part of the natural environment in the US since 1999
- It is transmitted from infected birds to people (and horses) by the Southern House Mosquito (called Culex q.)
- 80 percent of people infected by a mosquito carrying WNV never show symptoms
- 20 percent of people infected with WNV become ill with either a severe flu-like illness or a very dangerous brain infection
- Persons over age 50 are at greatest risk of showing symptoms. Persons over 70 years of age are at greatest risk of a fatal outcome

