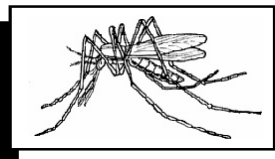


Are you prepared?



What you need to know about West Nile Virus

Q: What is West Nile Virus?

A: In 1999, West Nile Virus, a mosquito-borne infection, first appeared in New York. For the first time, in the summer of 2001, Illinois found the virus in mosquitoes and other animals. This virus can cause illness ranging from mild symptoms to encephalitis, which is an inflammation of the brain. The virus is spread by mosquitoes after they feed on infected birds and then bite people. It is not spread by person-to-person contact and there is no evidence that people can get the disease by handling infected animals. West Nile virus cases occur primarily in the late summer or early fall, although the peak season is usually April-October.



Q: What are West Nile symptoms in humans?

A: People with mild infections may experience fever, headache, body aches, skin rash and swollen lymph glands. People with more severe infections may experience high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, occasional convulsions and paralysis. If you have any of these symptoms, contact your doctor.

Q: Who is most at risk?

A: People over 50 years of age have the highest risk of developing severe illness because as we age, our bodies have a harder time fighting off disease. People with compromised immune systems are also at increased risk, however, anyone can get the virus.

Q: Is there treatment for West Nile Virus?

A: There is no specific treatment for West Nile virus infection. While most people fully recover from the virus, in some severe cases hospitalization, may be needed.

Help prevent mosquito breeding

- Don't allow water to stand in cans, containers, pots, discarded tires, or other water-holding containers on your property
- Drill holes in the bottom of recycling containers that are left outdoors
- Clean clogged roof gutters.
- Turn over plastic wading pools when not in use.
- Aerate ornamental pools or stock them with fish
- Keep swimming pools clean and chlorinated
- Use landscaping to eliminate standing water on your property

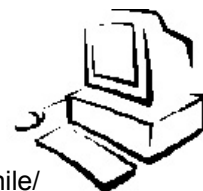


Protect yourself and your family

- Don't let mosquitos breed on your property!
- The hours from dusk to dawn are peak mosquito biting times. Take *extra* care to use repellent and protective clothing during evening and early morning — or consider avoiding outdoor activities during these times.
- **Apply Insect Repellent Containing DEET** (Look for: *N,N-diethyl-meta-toluamide*) to exposed skin when you go outdoors. Even a short time being outdoors can be long enough to get a mosquito bite.
- Install or repair screens
- Remember, electromagnetic and ultrasound devices and Vitamin B are **not** effective in preventing mosquito bites.



Resources on the Internet:



Centers for Disease Control:
www.cdc.gov/ncidod/dvbid/westnile/

Illinois Department of Public Health:
www.idph.state.il.us/envhealth/wnv.htm

Local Links:

American Red Cross, Fox River Chapter
www.redcross.org/il/foxriver

Kane County Office of Emergency Management www.kcoem.org

Kane County Health Department:
www.kanehealth.com
West Nile Virus surveillance information for Kane County at: www.kanehealth.com/west_nile.htm

Kane County surveillance includes the tracking of confirmed West Nile Virus cases in crows, blue jays, mosquito batches, horses, and humans.