

West Nile virus is a risk you *can* do something about.

West Nile virus is now in most of the United States, including right here in The Colony.

The most important way people become infected is through the bite of an infected mosquito. You can reduce your chance of getting infected by *avoiding mosquito bites*.



Adults are at highest risk.

People over age 50 and people who have ever received a solid organ transplant are more likely to develop serious symptoms of West Nile virus if they do get sick and should take special care to avoid mosquito bites.

What happens if I get infected?

A small number of people (about 1 in 150) who get infected with West Nile virus develop severe disease, called West Nile encephalitis or West Nile meningitis (inflammation of the brain or the area around the brain). Symptoms of severe illness include headache, high fever, stiff neck, mental confusion, muscle weakness, tremors (shaking), convulsions, coma, and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. **See your health care provider** if you develop these symptoms.

Some people who become infected have symptoms such as fever, headache, body aches, nausea, vomiting, swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for a few days to several weeks. **Call your health care provider** if you have questions about your symptoms.

Most people who get infected with West Nile virus do not have any symptoms. There is no specific treatment for West Nile virus infection. There is no vaccine available for people.

for more information
www.cdc.gov/westnile
800-CDC-INFO (232-4636)
in English, en Español



Remember the Four D's for Protection Against West Nile Virus

Dress to protect: wear long sleeves and long pants.

Dusk and Dawn: avoid being outside at these times if possible.

Defend: wear insect repellent with DEET, Picaridin, Oil of Lemon Eucalyptus or an effective alternative.

Drain standing water: eliminate any water that stands for longer than 5 days or treat water with larvicide according to the label.

West Nile virus only shows symptoms in about 20% of those individuals infected. These symptoms usually appear in 2-4 days and last about one week. Mild infections are known as West Nile Fever. Serious cases affect only about 1% of those infected, and these are marked by symptoms noted on the left in the info provided by the CDC.

Just because a mosquito (or several mosquitoes) bites you does not mean you will get sick. Also, just because a human positive may be reported in your neighborhood does not necessarily mean that the exposure happened in your neighborhood. Always take action to protect yourself!

Breeding Sites

Any water that stands for five days or longer will produce mosquitoes. Usually shallow water in full sun and water with minnows is not a problem. Watch plant saucers, grate drains, buckets, tires, and water cans – anything that holds water and remains undisturbed for five days or longer. Drain these spots if you can or apply larvicide according to the label.

What Is The City Doing?

The City monitors and treats areas of standing water, such as drainage channels, ponds, or any areas that could be a potential breeding site on public property. Random trapping and testing of mosquitoes in potential problem areas is performed to determine if adult mosquitoes that are captured are disease carriers. Localized adult mosquito treatments are performed when testing determines that it is necessary.

How Can You Help?

We need to know about green pools, spas, non-draining boats, old tires, or anything that is non-maintained and holds water. The City can only address issues that are visible from a public right of way (i.e. alley, sidewalk or street).

To report issues, please email mosquitoes@thecolonytx.gov or call **(972)624-3160** so we can address health hazards. Provide an address or a specific location of the hazard when contacting City of The Colony employees. If you leave a voice mail you must leave an address of the problem.

Additional information can be found on the Denton County Health Department website at <http://dentoncounty.com>. Check out <http://www.thecolonytx.gov/Depts/PARD/mosquitocontrol.html> for updated information about how the City of The Colony is combating West Nile virus.

