



What is West Nile virus?

- It's a virus transmitted by mosquito bites to humans and some animals like birds and horses.
- You can only get sick with West Nile virus from the bite of an infected mosquito.
- You can't catch it from another person OR from animals

How can we "Fight the Bite" and avoid getting West Nile virus?

- Avoid places where there are a lot of mosquitoes
- Stay inside at dusk and dawn when mosquitoes are more active.
- Wear long-sleeved shirts and long pants outside.
- Use insect repellents with DEET or Picaridin and be careful to follow the package directions.
- Make sure all your window and door screens are in good condition.
- Stop mosquito breeding sites by removing open containers outside your home that may collect water such as; old tires, buckets and empty flower pots.
- Cover or empty wading pools when they are not in use.
- Clean rain gutters so they drain properly.

If you want to learn more about West Nile virus call Polk County Public Health at 503-623-8175. Or call our Public Health Information line 24 hours a day for recorded health information in English and Spanish at 503-623-8176.