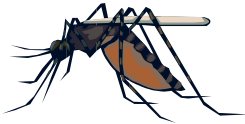


# What is West Nile Virus?

- West Nile Virus is *ONLY* spread by 2 types of *infected mosquitoes* (not person-to-person or from birds to people).



- There are over 50 types of mosquitoes in Washington State!
- *Mild cases* may cause fever, nausea, headache, vomiting, swollen glands, or rash for several days or weeks.
- *Serious cases* are rare, but require medical attention. Symptoms may include stiff neck, high fever, disorientation, muscle weakness, or vision loss.

For late breaking information,  
call Public Health's West Nile virus hotline:  
(206) 205-3883

#### For more information:

Centers for Disease Control:

[www.cdc.gov/ncidod/dvbid/westnile/qa/insect\\_repellent.htm](http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect_repellent.htm)

(Insect Repellent Use & Safety)

Public Health—Seattle & King County:

[www.kingcounty.gov/healthservices/health/ehs/westnile/about](http://www.kingcounty.gov/healthservices/health/ehs/westnile/about)

If you find a dead bird in King County, call:  
(206) 205-4394

This helps the Health Department monitor  
for

West Nile Virus.

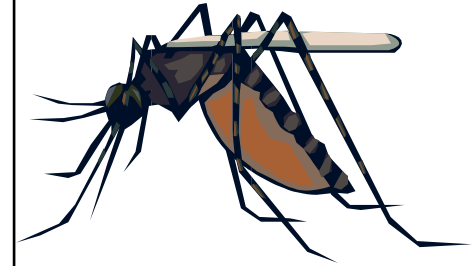


**Public Health**   
Seattle & King County

Health Care for the Homeless Network  
Public Health - Seattle King County  
401 5th Avenue, Suite 1000  
Seattle WA 98104

Phone: 206-296-5091  
[www.kingcounty.gov/health/hch](http://www.kingcounty.gov/health/hch)

# Fight the Bite



Check your  
risk for  
West Nile Virus

Health Care for the Homeless Network  
Phone: 206-296-5091

## Do you spend time outdoors at dawn or dusk?



### What Happens to a Person Who is Infected With West Nile Virus?

About 1 person out of every 5 people bitten by an infected mosquito comes down with West Nile fever, an illness that ranges from mild to severe, flu-like symptoms.

### Is Treatment Available?

There is no specific treatment. People with mild symptoms usually improve on their own. People with any *severe* symptoms should seek medical care immediately.

### You may be at risk for West Nile Virus. Get the facts...

- People over the age of 50 are at higher risk of developing complications or dying if they become infected with West Nile virus.
- West Nile virus occurs in humans when mosquitoes are present. This is usually spring through late fall in the Northwest.
- Mosquitoes are most active at night, especially during dusk and dawn. People who sleep outdoors and are outside in the early morning and early evening are at increased risk of exposure to mosquitoes.
- There have been cases of West Nile virus among homeless people in other states.
- Not all mosquitoes carry West Nile virus, and not every mosquito bite will result in infection. People should not over-react to mosquito bites, but should take precautions to reduce the risk of being bitten, and be aware of potential signs and symptoms of infection.

## How to Protect Yourself:



- Wear long sleeve shirts and pants.
- Avoid ravines, woods, and other areas with mosquitoes – especially in the early morning & early evening.
- Don't camp near areas with standing water.
- Use bug spray when insects are biting – usually at dawn and dusk.

