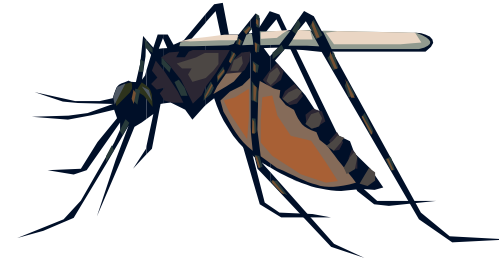


# Fight the Bite

Check your risk for West Nile Virus



**Do you spend time outdoors at dawn or dusk?  
You may be at risk for West Nile Virus.  
Get the facts...**

## What is West Nile Virus?

- West Nile Virus is *ONLY* spread by infected mosquitoes (not person-to-person or from birds to people)
- *Mild cases* may cause fever, nausea, headache, vomiting, swollen glands, or rash for several days or weeks.
- *Serious cases* are rare. Symptoms include fever, stiff neck, weakness, and vision loss. Seek medical attention if you have these symptoms.

## 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.

