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FACTS ABOUT WEST NILE VIRUS

- West Nile virus is a disease that is common in Africa, West Asia and the Middle East.
- People can get West Nile virus from the bite of an infected mosquito.
- Most people who are bitten by a mosquito with West Nile virus will not get sick. Some will have a fever, headache or body ache.
- The elderly and those who have other serious diseases can become very sick from West Nile virus.
- The best way to protect yourself from West Nile virus is:
 - Avoid activity outside when mosquitoes are most active, especially at dawn and dusk.
 - When outdoors, wear long pants, long sleeve shirts and other protective clothing.
 - Apply insect repellent according to label instructions.
 - Make sure that doors and windows have tight fitting screens. Repair or replace screens that have tears or holes.
 - Eliminate all sources of standing water that can support mosquito breeding.
- If you have symptoms of West Nile virus, call your doctor.
- For more information on West Nile virus, visit the Web site www.dhs.ca.gov.



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www.consumerenergycenter.org/flex/index.html

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