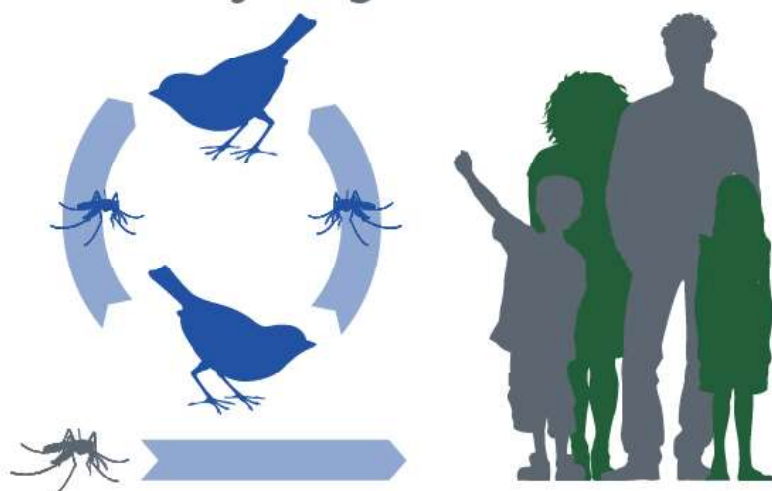


# WEST NILE VIRUS

## How do you get it?



Mosquitoes bite infected birds, then bite humans.

## Do you think you have it?



Only about 20% of people have symptoms, which are most often mild, flu-like complaints. Symptoms usually show up 2 -14 days after being bitten by an infected mosquito.

Fewer than 1% of people get a serious illness that can be fatal.

If you develop severe headaches or confusion, contact your health care provider.



### COLORADO

Disease Control & Environmental  
Epidemiology Division

Department of Public Health & Environment

## How do you fight it?

### Protect yourself



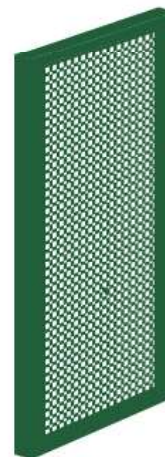
Use an effective  
insect repellent\*



Stay inside, or take steps to avoid mosquito bites at dusk and dawn, when mosquitoes that carry West Nile virus are most active.

### Mosquito-proof your home

Drain standing water around your house often. Empty tires, cans, flowerpots, clogged gutters, rain barrels, toys and puddles.



Install or repair screens on windows and doors.

\*Repellents containing DEET, picaridin, IR3535 and some oil of lemon eucalyptus and para-menthane-diol products provide the best protection.