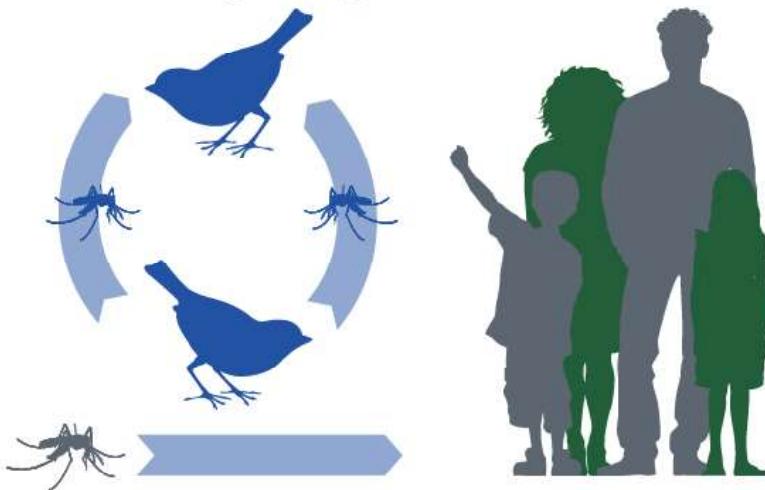


# WEST NILE VIRUS

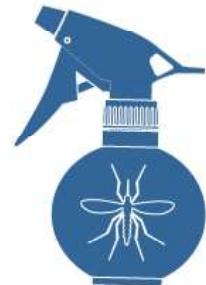
## How do you get it?



Mosquitoes bite infected birds, then bite humans.

## How do you fight it?

### Protect yourself



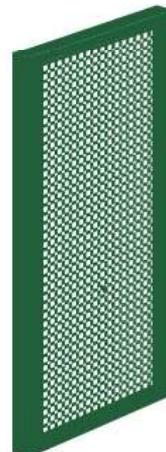
Use an effective insect repellent\*



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.



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

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