



West Nile Virus

Preparedness Empowers You
It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

Be Ready Navy!
I am. Are you?

Transmission

- WNV seems to be spread most commonly to humans through the bite of a mosquito that has fed on infected animals.
- WNV also can be spread through blood transfusions or from mother to child.
- WNV is not spread through casual contact with people.

West Nile Virus (WNV) is a viral disease that has emerged in temperate regions of North America and presents a threat to both public and animal health. WNV has become established as a seasonal disease that flares up in the summer months and continues into the fall.

Symptoms

- Approximately 80% of those infected never show any symptoms.
- Approximately 20% of those infected experience only mild symptoms for a few days:
 - » Fever
 - » Vomiting
 - » Headache
 - » Swollen lymph nodes
 - » Body aches
 - » Skin rash
 - » Nausea
- One in 150 of those infected with WNV develops serious symptoms that may last several weeks:
 - » High fever
 - » Convulsions
 - » Headache
 - » Muscle weakness
 - » Neck stiffness
 - » Vision loss
 - » Stupor
 - » Numbness
 - » Disorientation
 - » Paralysis
 - » Coma
 - » Permanent neurological damage
 - » Tremors
- If symptoms develop, it is typically between 3 to 14 days after an individual is bitten by an infected mosquito.

Treatment

- If you experience any symptoms, contact your physician.

Prevention

The best way to avoid WNV is to avoid mosquitoes:

- Wear insect repellent on any exposed skin when outside.
- Try to wear long sleeves, pants, and socks—clothing can protect from mosquitoes.
- Be aware of peak mosquito hours in your area.
- Drain standing water to prevent mosquitoes from multiplying.
- Maintain screens on windows and doors to prevent mosquitoes from entering buildings.

Where to Find Additional Information

Centers for Disease Control and Prevention (CDC)

- www.cdc.gov/ncidod/dvbid/westnile/qa/prevention.htm
- www.cdc.gov/ncidod/dvbid/westnile/resources/WNV_factsheet.pdf

Be Ready Navy—Be informed before, during, and after an incident; make a written family emergency plan; and build an emergency supply kit good for at least three days.

www.ready.navy.mil

