

Gila County  
Health & Emergency Management

Prevent. Promote. Protect.

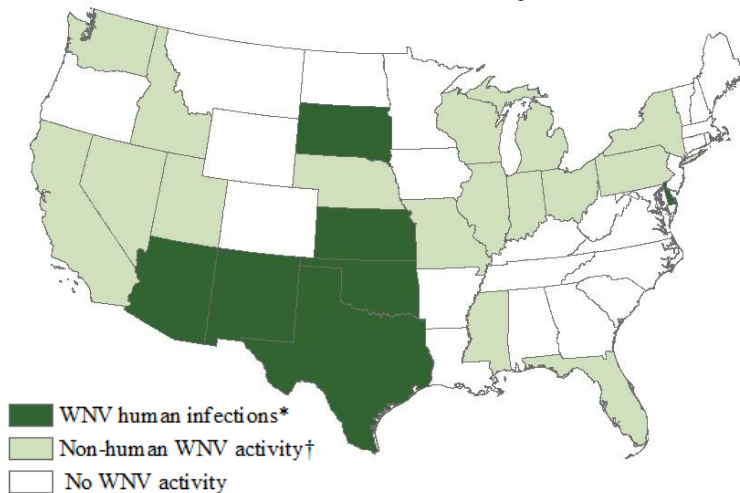
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## West Nile Virus Fact Sheet

### Background

West Nile virus (WNV) is a viral disease transmitted by infected mosquitos. WNV can cause febrile illness, encephalitis (inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord).

### West Nile Virus Activity\*



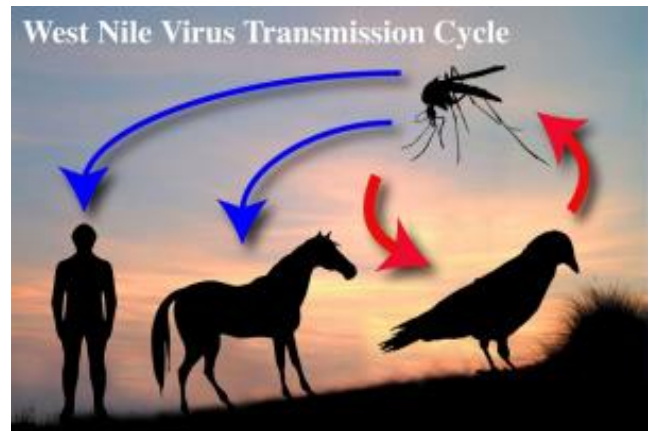
\*as of July 7, 2015

### Symptoms

Most people infected with WNV exhibit no symptoms. Between 2 and 14 days after exposure, 1 in 5 persons develop a fever along with other symptoms, such as headache, body aches, joint pains, vomiting, diarrhea, or rash. Most symptoms improve quickly, but fatigue and weakness can last for months. Fewer than 1 out of 100 people infected will develop a major neurologic illness, such as encephalitis or meningitis.

### Transmission

WNV is primarily transmitted through the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then spread the virus to humans and other animals.



Graphic from Gallatin City-County Health Department

### Treatment

Symptoms usually resolve in about a week without specific treatment. Tylenol and ibuprofen may be helpful to treat fever, headache, and joint pain. In more severe cases, hospitalization may be necessary. There is no specific medicine to treat WNV.

### Prevention

There is no vaccine for WNV. The best way to prevent WNV is to stop mosquito breeding and avoid mosquito bites by:

- Wearing long sleeves and long pants, if possible
- Emptying standing water from containers, such as flower pots and buckets
- Using insect repellent on exposed skin and on clothing
- When using both, applying sunscreen before applying insect repellent

### For more information

If you need more information, please contact your primary care physician or Gila County Division of Health & Emergency Management at (928) 402-8811.