



# West Nile Virus



**West Nile Virus (WNV) is a disease transmitted to humans and animals through the bite of an infected mosquito. WNV has been commonly found in mosquitoes in Yakima County.**

## What are the Symptoms?

Most infected people do not develop symptoms. However, some may experience:

- Rash
- Fever
- Headache
- Body aches
- Joint pains
- Vomiting or diarrhea



**In severe cases, WNV can cause high fever, disorientation, seizures, or paralysis.**

## Who is at Risk?

People who work or spend a lot of time outdoors are more likely to be exposed to infected mosquitoes.

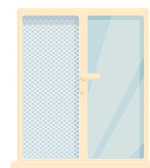


**People over 60 and those with cancer, diabetes, hypertension, or kidney disease are at higher risk of serious illness from WNV.**

## How Can You Protect Yourself?



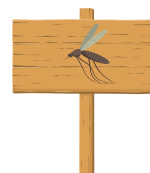
**Wear loose-fitting, long-sleeved shirts and pants**, especially at dawn and dusk.



**Ensure windows and doors have tight-fitting screens** to keep mosquitos out.



**Apply insect repellents with DEET, lemon eucalyptus, or picaridin** to exposed skin.



**Be aware of outdoor signage** indicating the presence of WNV.



**Remove standing water** where mosquitoes can breed.



**Contact a healthcare provider if you experience symptoms after being bitten by a mosquito.**