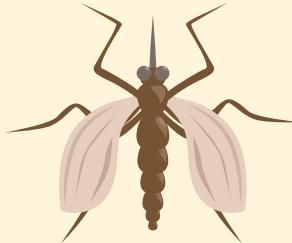




West Nile Virus



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.