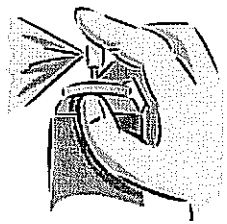
How can I use insect repellants safely?



Read and follow all directions and precautions on the product label.

- Products registered by EPA and used according to the label directions are safe for children and others.
- Do not use any product on pets or other animals unless the label clearly states it is for animals.
- Store insect repellents safely out of the reach of children.

Where can I get more information?

Bergen County Department of Health Services
- www.bergenhealth.org

Bergen County Health and Safety Information Line
- Phone: 201-225-7000

Bergen County Mosquito Control Division
- Phone: 201-634-2880

Centers for Disease Control
- http://www.cdc.gov
- Go to "Health Topics"

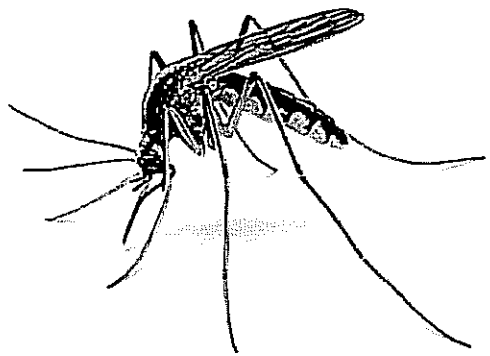
New Jersey Department of Health and Senior Services
- http://www.state.nj.us/health/

Rev. 03/2011

Frequently Asked Questions

About

West Nile Virus



COUNTY OF BERGEN

KATHLEEN A. DONOVAN
County Executive

BOARD OF CHOSEN FREEHOLDERS

Department of Health Services
327 E. Ridgewood Avenue • Paramus, NJ 07652-4895
www.bergenhealth.org • 201-634-2600

How do people get West Nile virus?

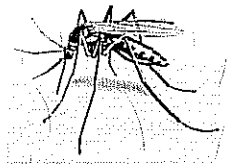
People get West Nile virus from the bite of an infected mosquito.

Mosquitoes get infected when they bite birds that are infected with the virus.

What are the symptoms of West Nile virus?

Most people infected with West Nile virus show no symptoms, or symptoms are mild or moderate.

When symptoms do occur, they usually develop within 5 to 15 days.



These symptoms may include:

- fever,
- headache and body aches,
- nausea and vomiting,
- sometimes a skin rash and
- swollen lymph glands.

In rare cases, more severe infections may result in:

- high fever,
- stiff neck,
- muscle weakness,
- tremors (shaking),
- disorientation and
- other signs of increasing illness.

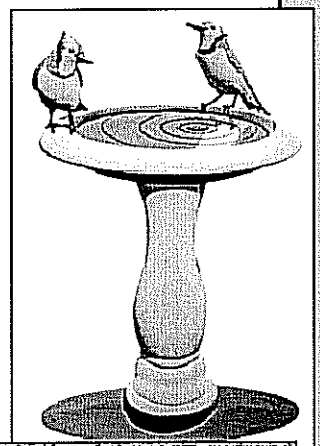
Any symptoms should be evaluated by your healthcare provider.

How can I reduce my risk of getting West Nile virus?

The best way to avoid getting West Nile virus is to avoid mosquito bites.

Where you live -

- Reduce mosquito breeding on your property. Eliminate standing water by disposing of empty cans, buckets, flowerpots, old tires, trash cans, and other containers.
- Clean clogged roof gutters.
- Empty plastic pools when not in use. Drain swimming pool covers.
- Change the water in bird baths at least once a week. Clean them on a regular basis.
- Aerate ornamental pools or stock them with fish.
- Check and repair screens and screen doors.



When you go outside -

- Stay indoors when mosquitoes are most active, which is usually at dawn and dusk.
- Use an insect repellant containing an EPA-registered repellant. Follow all label directions.
- Wear long-sleeved shirts, long pants and socks when you are outdoors.

- Avoid areas with heavy underbrush and trees.