

West Nile Virus Educational Project Three Rivers Public Health Department Fremont, NE

www.threeriverspublichealth.org



Radio Spots

- Dr. Jeff Kuhr, Executive Director
- Live 90 minute weekly WNV call-in show during the summer on three radio channels
- Two minute WNV public service messages played throughout each day.
- Cost effective method to reach large percentage of population
- [WNV PSA](#)

Water based, Not-greasy or oily.



BugX³⁰
Towelette
Insect Repellent

Provides **OVER 7 HOURS** of complete protection from Mosquitoes that may carry West Nile Virus.
Effective protection from mosquitoes, ticks, chiggers, fleas, gnats, no-see-ums, sand flies, biting flies, deer flies, stable flies and black flies.

ACTIVE INGREDIENT:	
DEET	30.0%
OTHER INGREDIENTS:	70.0%
TOTAL	100.0%

Net Weight: 0.27 oz (7.8 g)

Keep Out of Reach of Children
WARNING: See back panel for precautions.

Insect Repellent Towelettes

- Distributed at public health department fair-booths and at community outreach campaigns
- Accompanied brochure on WNV prevention
- [WNV Brochure](#)
- Yellow printed sticker on package gives contact information for health department



Educational Outreach Opportunities Abound!

- Three Rivers Public Health Department contacted over 2,500 persons with the WNV prevention message and insect repellent towelettes
- Golf Courses and Clubs (4)
- Golf Tournaments (4)
- Community celebrations
- Church festivals
- County fairs (2)

West Nile Virus- Protect Yourself

As you spend time outdoors with summer activities, Three Rivers District Health Department wants to remind you to protect yourself from West Nile Virus.

Nebraska has recently had its first confirmed case of West Nile Virus - a person in south central Nebraska. We've also had a mosquito pool test positive up in Madison County - the Norfolk area. That means that it's not a question of **IF** West Nile Virus is going to hit, but **WHEN**. (Last year, by the end of October, there were 45 clinical cases of West Nile Virus in Nebraska.)

How can a person get West Nile Virus?

West Nile Virus is a disease that is spread through the bite of a mosquito that has contracted the virus from an infected bird.

How do I protect myself from Mosquitoes?

One of the best defenses is mosquito repellent, which helps reduce your exposure to mosquitoes that may carry West Nile virus. Use of repellent allows you to continue to play, work, and enjoy the outdoors with a lower risk of getting the disease.

You should use repellent when you go outdoors, even if it's only for a few minutes. Many of the mosquitoes that carry the West Nile Virus bite between dusk and dawn. If you're outside during these hours, pay special attention to using repellent.

Which Mosquito Repellents Work Best?

The most effective repellents contain DEET or permethrin. You can use DEET directly on skin and on clothing. You can use permethrin on clothing but not directly on skin. Both have proved to be very effective against a variety of biting insects.

Follow the directions on the product you're using. Sweating or getting wet may mean that you need to re-apply more frequently. Repellents with a higher concentration of an active ingredient (such as DEET) provide longer-lasting protection.

Are there any other precautions to take?

In addition to insect repellent, wear long-sleeved shirts, long pants, shoes and socks.

Eliminate places of standing water. For example,

- drain children's wading pools when not in use,
- replace water in bird baths every 3 to 4 days, and
- drill a hole in tire swings so water can drain out.

Report any dead bird that you find, as birds carry the virus. Do not handle the bird with your bare hands. If you see a dead bird that seems to be in good condition please report it to the Three Rivers District Health Department. We'll take any kind of bird, as long as it's in good condition. We'll be collecting them until October. So far we've had no positive birds this year.

What are the symptoms of West Nile Virus?

About 80% of people who are infected with West Nile Virus do not have any symptoms. The other 20% may experience mild symptoms such as fever, headache, body aches, nausea, swollen lymph glands, or possible skin rash on the chest, stomach, or back. Severe symptoms happen to 1 in 150 people and include high fever, neck stiffness, disorientation, muscle weakness, or numbness.

People who are over the age of 50 have a higher risk of developing the severe symptoms so they should be the most cautious to avoid mosquito bites.

For additional information on West Nile virus please contact Three Rivers District Health Department at 727-5396 or visit www.threeriverspublichealth.org.

West Nile Virus Surveillance Program

Reporting dead birds

The public can help monitor for the virus during Culex mosquito season by reporting dead crows and blue jays between May and October. The state will test the dead birds for the virus.

Birds must be tested within 24 hours of death before they become too decomposed. Sunken eyes and the presence of fly larvae (maggots) are good indicators that the bird has been dead too long.

To report dead blue jays or crows in Dodge, Saunders, and Washington Counties contact:

Three Rivers Public Health Dept.
866-727-5396

Related Websites:

Nebraska Health and Human Services
www.hhs.state.ne.us
Centers for Disease Control and Prevention
www.cdc.gov



Three Rivers

Public Health Department

For more information, call:
**Three Rivers Public Health
Department**
toll free at 866-727-5396.

This information was adapted from
Public Health Solutions West Nile Virus
brochure. 888-310-0565

West Nile Virus



How to protect your
family and your home.

Three Rivers Public Health Department
(402) 727-5396
(866) 727-5396
www.threeriverspublichealth.org

What is West Nile Virus?

West Nile virus is a mosquito-borne virus that can cause encephalitis (an inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord). The virus was first found in Africa in the early 1900's and was first detected in the United States in New York in 1999.

How is it spread?

West Nile virus is spread to humans and other animals through the bite of an infected mosquito. A mosquito becomes infected by biting a bird that is carrying the virus. West Nile virus is not spread from person to person and the virus is not spread directly from birds or horses to humans.

What happens to an infected person?

In areas where West Nile virus has been detected, only small portions of mosquitoes are likely to be infected.

Most people bitten by a mosquito infected with West Nile virus do NOT get sick.

What are the symptoms?

Most infected person experience few, if any, symptoms and recover completely. Symptoms may appear 3-15 days after being infected with West Nile virus. People over 50 are at a greater risk of severe illness. Milder symptoms include fever, headache, body aches, sore throat, fatigue, and occasionally swollen glands before fully recovering. Although rare, some people can experience rapid onset of a high fever, confusion, tremors, stiff neck, paralysis and encephalitis. Death may result in some cases.

How can I reduce my risk of becoming bitten by mosquitoes?

From April to October, when mosquitoes are most active, take the following precautions:

- Wear long, loose, and light-colored clothing. If possible, stay indoors when mosquitoes are biting.
- Consider the use of an insect repellent containing 10% or less DEET for children and no more than 30% DEET for adults.
- Use DEET according to the manufacturer's directions:
 - Do not use DEET on infants and pregnant women.
 - Do not allow young children to apply DEET themselves.
 - Do not apply DEET directly to children. Apply to your own hands and then on the child.
 - DEET is effective for approximately four hours. Avoid prolonged or excessive use of DEET. Use sparingly to cover exposed skin and clothing. Wash all treated skin and clothing after returning indoors.
 - Store DEET out of reach of children.
- Vitamin B, ultrasonic devices, incense, and bug zappers have not been shown to be effective in preventing mosquito bites.



What can I do around my house to reduce exposure to mosquitoes?

Mosquitoes lay their eggs in standing water. Weeds, tall grass, and bushes provide an outdoor home for adult Culex mosquitoes, which are most commonly associated with West Nile virus. Mosquitoes can enter homes through unscreened windows or doors, or broken screens.

- Make sure that doors and windows have tight-fitting screens. Repair or replace all screens in your home that have tears or holes.
- Eliminate any standing water that collects on your property.
- Remove and recycle all discarded tires from your property.
- Remove tin cans, plastic containers, plastic containers, ceramic pots, or similar water-holding containers.
- Make sure roof gutters drain properly. Clean clogged gutters in the spring and fall.
- Clean swimming pools, outdoor saunas, and hot tubs, If not in use, keep empty and covered.
- Drain water from pool covers.
- Change the water in birdbaths, pet water dishes at least twice a week.