



**WARREN COUNTY MOSQUITO CONTROL COMMISSION**  
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## **West Nile Virus: How to Protect Yourself**

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The United States is experiencing an unprecedented outbreak of West Nile Virus (WNV). New Jersey has documented its earliest human case (in Monmouth County) of West Nile Virus and now has documented the first horse case (in Salem County). Statewide information on West Nile Virus can be found on the NJ Department of Health and Senior Services website at <http://www.state.nj.us/health/cd/westnile/index.shtml>. In order to help prevent humans from becoming infected with this virus, the Warren County Mosquito Commission is urging residents and visitors to take precautions to avoid mosquito bites. Please visit the Commission's website [www.warrencountymosquito.org](http://www.warrencountymosquito.org) which provides information on the disease, where it has been detected to date in Warren County through the county's surveillance efforts, measures that can be taken to protect yourself and your family and things you should do to eliminate mosquito breeding habitat on your own property. A diligent effort by all will help keep mosquitoes to a minimum and this disease under control, preventing human illness.

Crows and blue jays are birds that are susceptible to West Nile Virus and are used as indicators for the presence of the virus. Dead or dying crows (which can sometimes be seen staggering around on the ground prior to their death) should be reported to the Warren County Health Department at 908.475.7960. Standing water, including abandoned ornamental ponds, swimming pools etc. can be reported (anonymously if you wish) to the Mosquito Commission at 908.453.3585 so the Commission's staff can inspect these sites and provide appropriate control.

### **What are the symptoms of West Nile Virus infection?**

Most infections produce no symptoms in people, or symptoms are mild or moderate. Mild symptoms may include: fever, headache, nausea, vomiting and body aches, often with skin rash and swollen lymph glands. More severe infections may be marked by headache, high fever, neck stiffness, muscle weakness, stupor, disorientation, convulsions, tremors, vision loss, numbness, paralysis, and coma. Persons 50 years and older are at a higher risk for developing a severe infection.

### **What Can I Do to Prevent WNV?**

The easiest and best way to avoid WNV is to prevent mosquito bites.

- When you are outdoors, use insect repellent containing an [EPA-registered active ingredient](#) (DEET, Picaridin, Oil of Lemon Eucalyptus or IR3535). Follow the directions on the package.
- Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.