WHAT ARE THE SYMPTOMS OF WEST NILE VIRUS?

Most people infected with WNV have no symptoms. Of those who become ill, mild symptoms may include a fever, headache, body aches, nausea, a skin rash on the trunk of the body, or swollen lymph nodes. In severe cases, inflammation of the brain, the membrane around the brain, or both may occur. These cases may result in high fever, headache, stiff neck, disorientation, coma, tremors, paralysis, and possibly death. Permanent neurological damage may occur. The elderly and those with weakened immune systems are at greatest risk of illness associated with WNV.

The time between the mosquito bite and the onset of the illness ranges from 5 to 15 days. About 1 in 150 people who are infected with WNV will require hospitalization.

WHAT IS SAN BERNARDINO COUNTY DOING TO PREVENT WEST NILE VIRUS?

We cannot prevent WNV, but we can reduce the chances of infection by proactively reducing the mosquito population in San Bernardino County. The Mosquito and Vector Control Program surveys for West Nile Virus and other mosquito-borne diseases. We do this by monitoring sentinel chickens placed throughout the county and testing adult mosquitoes trapped by our Vector Technicians. The Technicians respond to complaints and survey sites in the county where mosquitoes breed to eliminate them.

The Mosquito and Vector Control Program provides free home and yard inspections for mosquito sources. We also offer free mosquito fish to all County residents within our jurisdiction. These mosquito fish are to be used on private property to reduce the potential for mosquito breeding.

CAN MY PETS GET WEST NILE VIRUS?

Not all animals can become infected. Dogs and cats rarely show any indication of illness. Birds may be infected but have little to no symptoms. Some birds like crows, ravens, and jays can have serious symptoms and may result in death. Horses are also susceptible to WNV, which may cause central nervous system illnesses and can lead to death in about 30% of cases. There is a vaccine for horses to protect them from WNV.

DIVISION OF ENVIRONMENTAL HEALTH SERVICES EDUCATION AND OUTREACH

Our staff educates the public by participating in local community events and providing educational presentations to students, senior centers, civic organizations, homeowners, and neighborhood associations. Please contact us if you or your organization would like to request a speaker for an event.

County of San Bernardino
Department of Public Health
Division of Environmental Health Services
Health Education Program
385 N. Arrowhead Avenue - 2nd floor
San Bernardino, CA 92415
www.sbcounty.gov/dph/dehs
(800) 442-2283

SAN BERNARDINO COUNTY

www.SBCounty.gov

WEST NILE VIRUS Important Facts and Safety Tips

Protect Your Family from West Nile Virus

DEPARTMENT OF PUBLIC HEALTH
DIVISION OF ENVIRONMENTAL HEALTH SERVICES

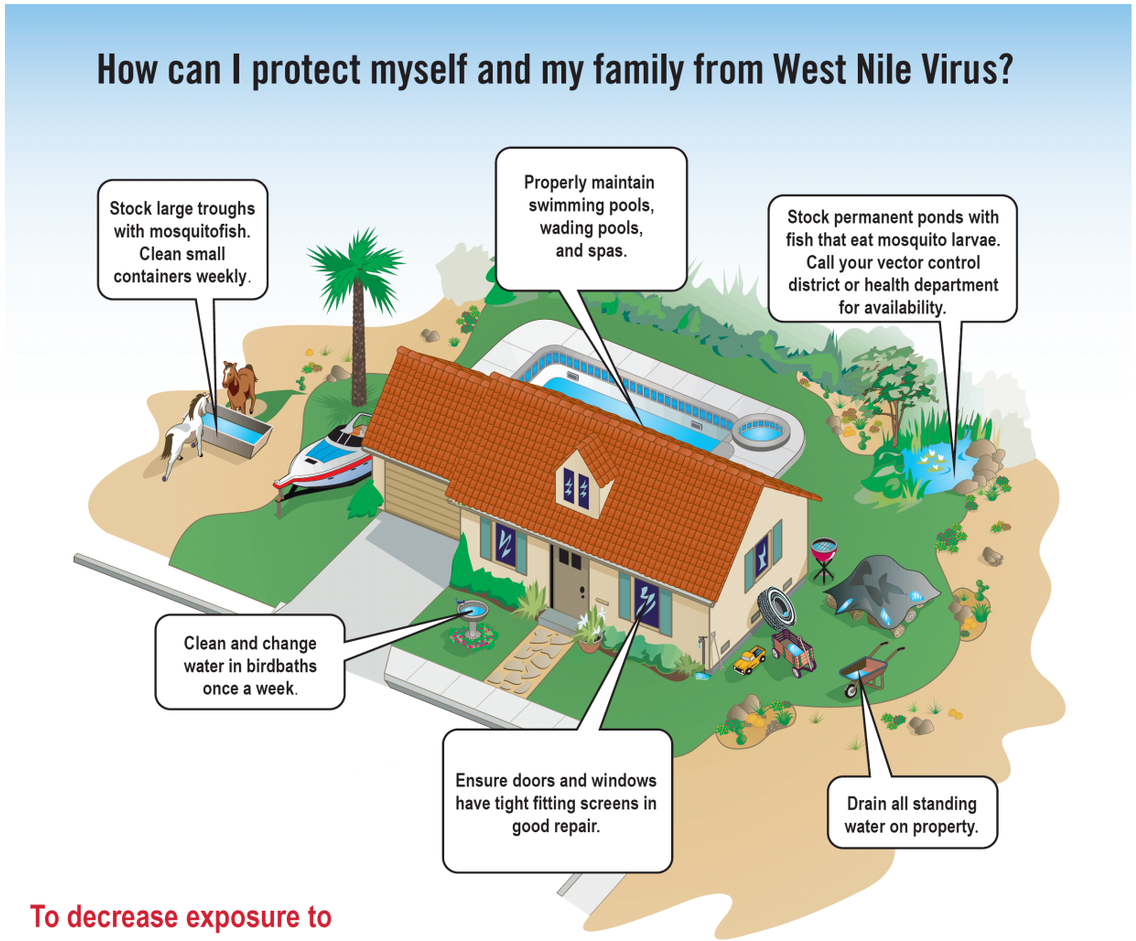
HISTORY OF WEST NILE VIRUS

West Nile Virus (WNV) has affected other countries for years. In 1999, the first case of WNV was reported in the United States. Since then, it has spread across the country and been found in humans, mosquitoes, birds and other animals. California reported its first human case in 2003. From 2003 to 2011, there have been 2,987 confirmed human cases and 105 deaths in California. As of 2011, San Bernardino County had a total of 287 human cases with 7 deaths.

WHAT IS WEST NILE VIRUS?

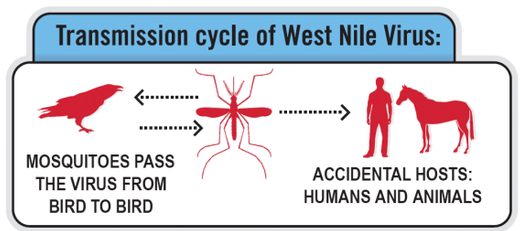
WNV is transmitted by certain species of mosquitoes. The mosquito becomes infected by feeding on an infected bird. When the mosquito bites a human or other animal, it can transmit WNV through its saliva. Since mosquitoes do not get infected by feeding on humans, we are considered an accidental host. Infection is most common during May through October when mosquitoes are most abundant.

KEEP YOUR PROPERTY FREE OF STANDING WATER



To decrease exposure to mosquitoes:

- Avoid outdoor activity at dawn and dusk during the mosquito season (May to October). This is particularly important for the elderly.
- Wear loose fitting long pants and long sleeve shirts when outdoors
- Use approved mosquito repellents containing DEET. Be sure to read and follow the manufacturer's directions for use.



WHAT CAN I DO TO HELP?

- Keep pools/spas filtered, cleaned, and chlorinated.
- Report neglected or abandoned pools and spas.
- Routinely check and empty containers with water in them. Turn them upside down to prevent water build up.
- Discard water in bird baths weekly.
- Place mosquito fish in ponds, fountains etc.
- Remove excess vegetation from your property.
- Ensure all septic tank covers are tightly in place.
- Clean out rain gutters to prevent water pooling.
- Don't over water lawns and remove standing water from low areas on your property.
- Repair any leaking plumbing fixtures.
- Call the Mosquito and Vector Control Program at (800) 442-2283 if you have a problem with mosquitoes.

DEAD BIRD SURVEILLANCE PROGRAM

If you find a dead bird in your neighborhood, please call (877) WNV-BIRD. The California Department of Public Health monitors the location of dead birds and may arrange to pick up the birds for testing. To discard the bird's body, place your hand inside a plastic bag. Pick up the bird with the bag; flip the bag inside out. This will contain the body inside the bag. Seal the bag and place the bird body in a trash can with a tight fitting lid.