



TIP OF THE WEEK

Fight the Bite: Prevent West Nile Virus



Think West Nile virus is "old news"? Think insect repellent is too much trouble? ... Think again!

There were **4,269** human cases reported (and many more West Nile fever cases unreported) in 2006 — the second highest total of WNV cases in the U.S. so far, and an increase of ~ 1200 cases from the previous year. WNV activity is well underway for 2007.

What can you do to protect yourself and your family?

1. Use Insect Repellent!

- a. Put repellent in convenient places
- b. Look for repellents containing low concentrations of DEET and those with picaridin
- c. Always follow label instructions (such as keep out of eyes, mouth; wash off when returning indoors)
- d. Look for permethrin to treat clothing that you wear outdoors a lot, as well as gear (tents etc.)

2. Mosquito-Proof Your Home!

- a. Remove any standing water
- b. Empty flowerpot saucers and buckets
- c. Clean swimming pools and gutters
- d. Make sure window and door screens are in good shape

3. Support Community-based Intergrated Mosquito Management

- a. Check with local authorities to see if there is an organized mosquito control program in your area

For additional information on prevention of West Nile Virus, please visit Centers for Disease Control and Prevention www.cdc.gov and select What's New on CDC.gov