

Personal Protection

Fight the Bite!

Protect Yourself From Mosquitoes
While Enjoying the Outdoors.



* Repellent Update

A wide variety of insect repellent products are available. The Centers for Disease Control and Prevention (CDC) recommends the use of products containing active ingredients which have been registered with the Environmental Protection Agency (EPA) for use as repellents applied to skin and clothing.

When the EPA registers a repellent, the product is evaluated for efficacy and potential effects on human beings and the environment. EPA registration means that the EPA does not expect a product, when used according to instruction label, to cause unreasonable adverse affects to human health or the environment.

Of the active ingredients registered with the EPA, two have demonstrated a higher degree of efficacy in the peer-reviewed scientific literature. Products containing these active ingredients typically provide longer-lasting protection than others:

- DEET (N,N-diethyl-m-toluamide)
- Picaridin (KBR 3023)

Oil of lemon eucalyptus (p-menthane 3,8-diol), a plant based repellent, is also registered with the EPA. In two recent scientific publications, when oil of lemon eucalyptus was tested against mosquitoes found in the United States, it provided protection similar to repellents with low concentrations of DEET.

Source: www.cdc.gov/ncidod/dvbid/westnile/mosquitorepellent.htm 2006

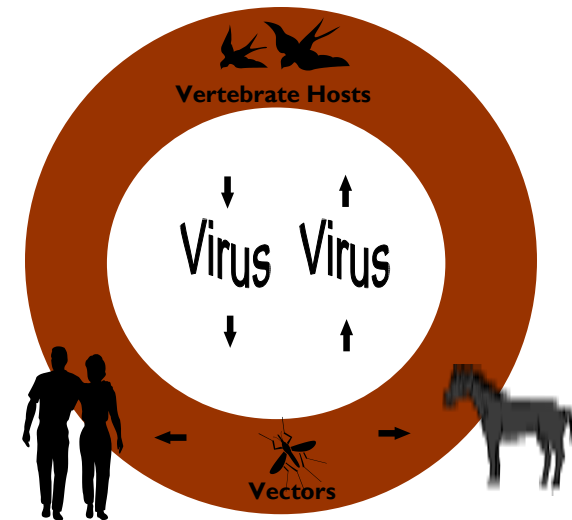
Eliminate Mosquito Breeding Sites

Mosquito eggs develop in any standing water that lasts more than 5 to 7 days. To reduce the mosquito population around your home, eliminate all standing water and debris.

- **Turn** over children's wading pools and toys when not in use.
- **Drill** holes in the bottom of recycling and trash containers that are left outdoors.
- **Discard** old tires.
- **Change** water in bird baths twice a week.
- **Fix** leaky faucets. They provide water where mosquitoes can breed.
- **Drill** holes in window boxes and flower planters to prevent water from pooling.
- **Do not** rake leaves and other yard debris into the gutter or storm drain.
- **Cover** window wells/keep free of debris.
- **Keep** roof gutters free of leaves and debris.
- **Aerate** ornamental ponds or stock with mosquito eating fish.
- **Keep** pools clean and chlorinated.
- **Repair** door and window screens so they are intact and tight fitting.
- **Eliminate** standing water on your property.

Questions & Answers

West Nile Virus



McHenry County Department of Health
Division of Environmental Health
2200 N Seminary Ave
Woodstock, IL 60098
815-334-4585
www.mcdh.info



West Nile Virus Facts

What is West Nile virus (WNV)?

West Nile virus can cause West Nile encephalitis which is an inflammation of the brain.

Where can I find data on West Nile virus for McHenry County?

McHenry County data regarding WNV can be found on our website at www.mcdh.info. Information includes:

- Number of human cases of West Nile virus
- Numbers/locations of birds that have tested positive for the virus
- Mosquito pool surveillance data
- General information on WNV and mosquitoes

How do people get West Nile virus?

The principle route of human infection with West Nile virus is through the bite of an infected mosquito.

Can you get West Nile virus from another person?

Current research indicates that WNV can be transmitted through breast milk, from mother to fetus, through blood transfusion, or human organ transplant.

Are other animals infected with West Nile virus?

To date, the bird population appears to be the most susceptible to the effects of West Nile virus. WNV has been shown to infect many animals including horses, cats, dogs, bats, squirrels, and rabbits.

Where can I report dead birds?

The Health Dept. collects a limited number of birds annually to be tested for WNV. The primary birds that are tested are crows, blue jays, and robins. For a complete list of eligible birds, visit our website at: www.mcdh.info.

Mosquito Facts

What mosquitoes carry WNV?

In Illinois, the West Nile virus is primarily associated with *Culex* species of mosquitoes. *Culex* mosquitoes lay their eggs in stagnant ditches, old tires, clogged gutters, old tin cans, and anything that will hold water, especially artificial containers.

How many mosquitoes are infected with the virus?

In areas where mosquitoes have been found to carry the virus, 1% - 2% are infected with WNV. The most common mosquito found in Illinois is the inland floodwater mosquito, which is not believed to be a significant vector for West Nile virus.

How is the virus transmitted?

Mosquitoes become infected with the virus when they feed on infected birds. These infected mosquitoes then can transmit West Nile virus to humans and other animals.

If I am bitten by an infected mosquito, will I become ill?

Even if the mosquito is infected, less than 1% of the people who are bitten will get severely ill. Approximately 80% of people infected with WNV will show no symptoms at all.

Research on West Nile virus is ongoing. This brochure contains the latest information on WNV to date.



Health Implications

Who is at risk for WNV?

Most people exposed to the virus will show no symptoms or mild symptoms including fever, headache, body aches, skin rash, and swollen lymph glands. Severe infections are marked by headache, high fever, stiff neck, stupor, disorientation, coma, tremors, convulsions, muscle weakness, paralysis, and rarely death.

When do symptoms occur?

Symptoms generally occur 3 to 14 days following the bite of an infected mosquito.

What population is most at risk?

Anyone can get the virus, but people over 50 years old or individuals with weakened immune systems have the highest risk of developing severe illness.

Is there a treatment or vaccine for West Nile encephalitis?

There is no specific therapy or vaccine for West Nile encephalitis. Contact your physician if you or a family member develop symptoms.

Is there a test for West Nile virus?

West Nile virus can be confirmed through a blood sample or through cerebrospinal fluid.



Role of the Health Dept.

What is the role of the Health Dept.?

- Surveillance
 - a. Track cases of human illness
 - b. Collection/submittal of dead birds for analysis
 - c. Collection and analysis of *Culex* mosquitoes for West Nile virus.
 - d. Remediation of sites that promote mosquito breeding (i.e. dumps, discarded tires, abandoned pools) through Ordinance enforcement.
- Public education
- The County does not have a mosquito abatement program. Check with your township, municipality, or property owner's association.

Role of County Residents

What can residents do?

The first and best defense against mosquitoes/mosquito borne illness is to eliminate the places where they breed.

Additional information can be found at the following websites:

McHenry County Department of Health
www.mcdh.info

Centers for Disease Control and Prevention
www.cdc.gov/ncidod/dvbid/westnile

Illinois Department of Public Health
www.dph.illinois.gov