

Why should you worry about West Nile virus?

- ☞ West Nile virus can make you and your family sick.
- ☞ West Nile virus is spread by mosquitoes.
- ☞ You get West Nile virus from a mosquito bite.
- ☞ You can feel sick 3 – 15 days after a mosquito bites you.
- ☞ People who get sick may feel like they have the flu. They may have:
 - Fever
 - Headache
 - Body Aches
 - Rash
- ☞ Some people who get West Nile virus get very sick and die.
- ☞ Most people who have gotten really sick have been about 50 or older, but everyone needs to be aware of mosquitoes, and keep them away.

Call your doctor or clinic
if you have questions.

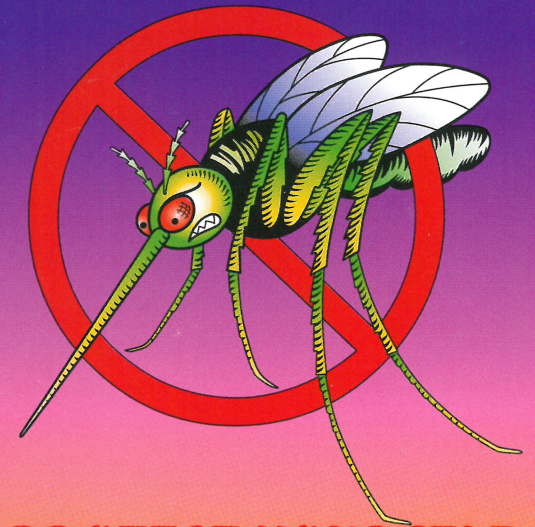
For more facts go to:

Montana Department of Public Health and
Human Services
www.dphhs.mt.gov

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



FIGHT THE BITE!



PROTECT YOURSELF AND YOUR FAMILY FROM WEST NILE VIRUS

For more information:
www.dphhs.mt.gov or contact
your local county or tribal
health department

What can you do?

Avoid mosquito bites!

Mosquitoes bite in the early morning and early evening hours.



During the two hours after the sun sets is when mosquitoes bite the most.



If you go out at these times wear long pants and long sleeved shirts.

Also, use insect repellent with DEET in it. Put the repellent on your skin that is not covered by clothes.

The DEET in the insect repellent keeps mosquitoes from biting you.



Follow the directions carefully.

Keep your home safe!



Mosquitoes lay their eggs and grow in standing water.

It only takes 7 days for a mosquito egg to hatch and become an adult mosquito.

Get rid of standing water around your home.

Empty water out of buckets, old tires, flower pots and toys.

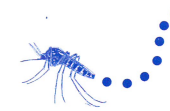


Change water every few days from pet bowls and bird baths.

Keep good screens on your windows and doors.

Screens will keep mosquitoes out.

Tell your friends and neighbors!



West Nile virus is now found throughout most of Montana.

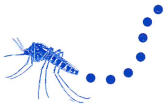
To monitor the continued spread of the virus, the State is testing mosquito populations in a variety of locations.



Prevention is your best defense against getting West Nile virus!



Contact your health care provider if you think you have contracted West Nile virus.



For more information: www.dphhs.mt.gov or contact your local county or tribal health department