



# West Nile Virus (WNV) Fact Sheet

## What is West Nile Virus?

West Nile Virus (WNV) is a potentially serious illness. Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall.

## How does WNV spread?

Infected mosquitoes – Most often, WNV is spread by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite.

- Transfusions, transplants, and mother-to-child – In a very small number of cases, WNV also has been spread through blood transfusions, organ transplants, breastfeeding and even during pregnancy from mother to baby.
- Not through touching – WNV is not spread through casual contact such as touching or kissing a person with the virus.

## What are the symptoms?

- Serious symptoms in a few people – About 1 in 150 people infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.
- Milder symptoms in some people – Up to 20 percent of the people who become infected will display symptoms, which can include fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy people have been sick for several weeks.
- No symptoms in most people – Approximately 80 percent of people (about 4 out of 5) who are infected with WNV will not show any symptoms at all, but there is no way to know in advance if you will develop an illness or not.

## How soon do symptoms appear?

People typically develop symptoms between 3 and 14 days after they are bitten by the infected mosquito.

## How is WNV infection treated?

There is no specific treatment of WNV infection. In cases with milder symptoms, people experience symptoms such as fever and aches that pass on their own, although illness may last weeks to months even in healthy persons. In more severe cases, people usually need to go to the hospital where they can receive supportive treatment including intravenous fluids, help with breathing, and nursing care.

## What is the risk for getting sick from WNV?

- People over 50 at higher risk to get severe illness – People over the age of 50 are more likely to develop serious symptoms of WNV if they do get sick and should take special care to avoid mosquito bites.
- Being outside means you're at risk – The more time you are outdoors, the more likely it is you could be bitten by an infected mosquito. Pay attention to avoiding mosquito bites if you spend a lot of time outside, whether working or playing.
- Risk through medical procedures is very low – All donated blood is checked for WNV before being used. The risk of getting WNV through blood transfusions and organ transplants is very small, and should not prevent people who need surgery from having it. If you have concerns, talk to your doctor.
- Pregnancy and nursing do not increase risk of becoming infected with WNV – The risk that WNV may present to a fetus or an infant infected through breast milk is still being evaluated. Talk with your healthcare provider if you have concerns.

## 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 repellents containing DEET.
- 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.

For further information, contact the Oklahoma City-County Health Department, Consumer Protection (405) 425-4347, (405) 425-4348, or (405) 425-4319

Learn more at <http://www.occhd.org/fightthebite>

**WELLNESS NOW**