



REMEMBER

- Dumping standing water
- Using repellent
- Dress for dusk to dawn



For more information on how to limit your risk,
visit our website at:

<http://health.tarrantcounty.com>

or contact us at:



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TAKE CONTROL

Stop West Nile Virus



Dump standing water • Use repellent
Dress for dusk to dawn

Some diseases, like West Nile Virus, are transmitted to humans through the bite of an infected mosquito.

Mosquitoes get the virus from biting an infected bird.



Some birds, like blue jays and crows, can become sick or die.

Other animals including horses and people may also become sick.

Nearly 80% of people who get infected with WNV have no symptoms. However, 20% of people will get sick. The most common symptoms are similar to the flu and may include:

- fever
- headache
- body aches
- rash

In rare cases, people may become seriously ill or even die.

Consult your doctor if you think you may have WNV. Only your doctor can diagnose West Nile Virus.

REMEMBER to protect yourself by preventing mosquitoes from biting.

Adult mosquitoes rest during the day in tall grass, shrubbery and other plants near homes. Remember to keep your grass and plants trimmed in your yard.

Mosquito larvae can develop in stagnant water in approximately 5 to 10 days. Common breeding sources found around the home include:

- Cans, buckets, flower pots, pet water dishes, troughs, discarded tires and other containers that hold water
- Untended swimming pools, ornamental ponds and birdbaths
- Clogged rain gutters, French drains, plastic wading pools, boats, wheelbarrows and plastic tarps
- Storm drains and catch basins

REMEMBER that eliminating places where mosquitoes can breed is the best way to control them!



Eliminate Breeding Sites

- Drain standing water in your yard by emptying wading pools, wheelbarrows and other containers holding water
- Stock ornamental ponds with mosquito-eating fish and maintain pools
- Treat standing water that can't be drained with mosquito dunks
- Unclog rain gutters and change the water in bird baths at least once a week

Personal Protection

- Check and repair all screens on windows and doors
- Stay indoors between dusk and dawn, when mosquitoes are most active
- When outdoors, wear light-colored clothing, long sleeves and pants
- Use insect repellent that contains DEET (N,N-diethyl-m-toluamide) or other repellents approved by the EPA