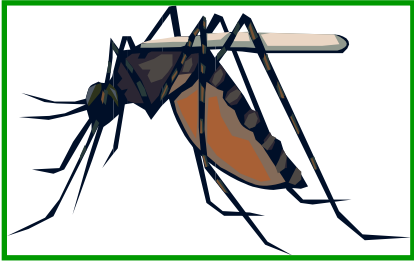


Spotlight On Safety

www.ehs.ucr.edu

HOW CAN I AVOID GETTING WEST NILE VIRUS?



West Nile Virus can be transmitted through transplanted organs and blood transfusions. However, the main path for human infection is through mosquito bites. People who do get infected can experience flu-like symptoms, such as fever, headache and body aches. Persons over 50 years have a higher risk of severe symptoms. Below are three things you can do to avoid getting West Nile Virus.

Avoid Mosquito Bites

- *Avoid spending time outside at dawn and dusk when mosquitoes are active - they are especially active for two hours after sunset*
- *Mosquito netting can be used to cover baby carriages*
- *When outdoors, wear long pants, long sleeve shirts and other protective clothes*
- *Apply insect repellent containing according to label instructions (can be harmful if overused) - cream lotion, or stick formulas are best*
- *If you are wearing thin clothes, spraying it with repellent containing DEET - will give extra protection - do not spray repellent on the skin under your clothes*

Mosquito Proof Your Home

- *Make sure that doors and windows have tight fitting screens - repair or replace screens that have tears or holes*
- *Eliminate all sources of standing water that can support mosquito breeding, such as ornamental ponds, wading pools, saucers placed under potted plants, watering cans, vases, buckets, wheelbarrows, rain gutters, or anything that can collect standing water (tarps or covers over pools may keep out leaves and debris, but will hold rainwater)*

Help UCR & the State Keep Track of West Nile Virus

- *Dead crows and other birds must be reported to California Department of Health Services for tracking purposes at www.westnile.ca.gov/ or 1-877-WNV-BIRD (1-877-968-2473) 24 hours and day, 7 days a week*

Visit www.ehs.ucr.edu for additional information or call EH&S at 827-5528 if you have any questions.