

# *Fight The Bite*

Mississippi State Department of Health urges all Mississippians to avoid mosquito bites whenever possible.

The symptoms of West Nile infection may be mild and include fever, headache and muscle aches. More severe disease can occur leading to encephalitis, meningitis and sometimes death. People older than 50 years of age have the highest risk of severe disease.

WNV is present year round, but the highest number of cases occur in July, August and September.

Mississippians are encouraged to take appropriate actions to reduce their risk of mosquito bites and to prevent WNV infections.

*Protect yourself. . . your home. . . & community*



MISSISSIPPI STATE DEPARTMENT OF HEALTH

**1-877-978-6453**

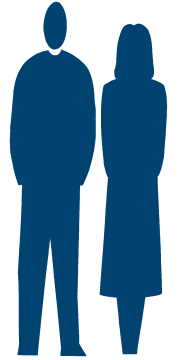
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## *Protect Yourself. . .*

- WNV can be transmitted only through the bite of an infected mosquito.
- **Avoid mosquitoes** whenever possible. Stay indoors or take personal protective measures, especially at dawn and dusk.
- **Use mosquito repellent** with DEET according to the label.
- Spray clothing with repellents containing permethrin or DEET since mosquitoes can bite through thin clothing.
- Wear long-sleeved, long-legged clothing with socks and shoes whenever possible outdoors.



## *Protect Your Home. . .*

- **Reduce the source** – the most effective and economical method toward long-term mosquito control.
- Empty plants and containers of stagnant water.
- Properly dispose of used tires.
- Clean rain gutters, bird baths, and swimming pools.
- Eliminate pools of standing, stagnant water, especially with organic debris.
- Repair damaged or torn window and door screens.
- Remove outdoor pet food and water dishes that are not being used. Flush livestock water troughs twice a week.
- Close garbage can lids. Be sure water does not collect in the bottom of garbage cans.
- Check around construction sites or do-it-yourself improvements to ensure that proper backfilling and grading prevent drainage problems.



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