

SUMMER IS HERE AND WEST NILE VIRUS WILL BE BACK

West Nile Virus is a disease that can be transmitted to humans by mosquitoes. Nearly 3,000 human cases were reported in Colorado in 2003, of these 63 Coloradans died from the disease, and 861 were hospitalized. Most of those who became seriously ill recovered but some suffered permanent disabilities.

Only certain types of mosquitoes transmit the virus to people and only a small percentage of those mosquitoes carry the virus. The risk may be low, but why take a chance? **WEAR INSECT REPELLENTS CONTAINING DEET!** The following are some personal protection tips:

Avoid being outdoors at dawn or dusk when mosquitoes are most active. If outdoors, use insect repellent on a regular basis.

Wear long-sleeved shirts and long pants outdoors.

Your backyard or patio is **NOT** a “safe zone.” Even a brief trip to the barbecue or garden allows time for an infected mosquito to bite, and most people are infected at or near their home.

Keep doors and windows closed and/or properly screened to keep mosquitoes out.

Repair or replace torn or damaged screens.

Make it a habit for both adults and children throughout the summer months to **USE INSECT REPELLENT THAT CONTAINS DEET... IN THE BACK WOODS AND THE BACK YARD!**

Repellents containing DEET are proven safe and effective in preventing mosquito bites when used according to the label.

The higher the percentage of DEET in a repellent the longer the protection lasts, up to 50%.

Choose a product containing the right amount of DEET to match the time spent outdoors:

25% DEET lasts up to five hours;

5% DEET lasts from 45 to 90 minutes.

Use products containing 30% DEET or less for children. Repellents containing DEET should not be used on children under six months of age.

Repellents that don't contain DEET may provide protection, but studies have shown they do not provide protection as long as DEET.

Clothing can be sprayed with insecticides containing DEET or permethrin. Always follow the label directions.

Remember the Buzz words to fight the West Nile Virus:

- **DRAIN** standing water around the house weekly in order to eliminate mosquito breeding areas in urns, flowerpots, tin cans, toys, inside tires and clogged rain gutters.
- **DUSK & DAWN** are when mosquitoes that carry the virus are most active. So limit outdoor activities or take precautions to prevent mosquito bites.
DRESS in long sleeves and pants when going outside at dawn and dusk or to areas where mosquitoes are active.
- **DEET** is an effective ingredient to look for in insect repellents. Follow label instructions carefully