

# West Nile Virus

## The disease

West Nile virus (WNV) is a flavivirus commonly found in Africa, West Asia, and the Middle East. It is closely related to St. Louis encephalitis virus found in the United States. The incubation period is 3-15 days. Most infections are mild.

## Symptoms

### Mild

- Fever
- Headache and body aches
- Occasionally skin rash
- Swollen lymph glands

### Sever

- Headache
- High fever
- Neck stiffness
- Disorientation
- Convulsions
- Paralysis
- Rarely death

## Transmission

In the United States WNV is transmitted by infected mosquitoes. There is no documentation of person-to-person or animal-to-person transmission.

## Prevention

### Mosquito prevention

- Stay indoors at dawn and dusk
- Wear protective clothing, long sleeves and pants
- Apply insect repellent to clothing and exposed skin
  - Effective repellent contains 35% DEET (higher does not provide additional protection)
- Do not have standing water outside for longer than five days, dump bird baths, rain gages and toys etc. every five days

## Treatment

Currently no vaccines exist. Therapy is supportive.

