West Nile Virus

What is West Nile Virus?
West Nile Virus (WNV) is an arboviral disease of the Flaviviridae family. It is transmitted through the bite of an infected mosquito.

Signs and Symptoms
The incubation period is between 2-14 days, usually 2-6; symptoms include:
- Fever
- Headache
- Body aches
- Nausea and vomiting
- Swollen lymph glands
- Rash on the chest, stomach and back

The majority of people with WNV do not have symptoms. Symptoms can last from a few days to several weeks. In rare cases, illness can progress into more severe ailments leading to neuroinvasive diseases such as meningitis, encephalitis, or acute flaccid paralysis. If you have symptoms, call your healthcare provider.

Transmission (How it spreads)
- Through the bite of an infected Aedes mosquito, usually the Culex mosquito

Diagnosis and Treatment
A doctor’s examination is normally enough to diagnose illness. Your doctor can order tests to look for infection.
There is no vaccine available to humans to prevent illness.
There is no specific treatment.
Over the counter pain relievers can be used to reduce fever and other symptoms.
DO NOT USE aspirin or NSAIDs (ibuprofen and naproxen).

Prevention:
- Use of EPA-registered insect repellent (i.e.) Off!, Cutter, Sawyer, Skin So Soft; the use of insect repellent while pregnant is safe and poses no adverse risk to the unborn child
- Mosquito nets
- Long sleeve shirts and long pants

Who is at Risk?
Anyone who spends time outdoors in areas where WNV is known to circulate.

For more information, visit:
https://www.cdc.gov/westnile/