








Why should you worry about West Nile virus?

-  West Nile virus can make you and your family sick.
-  West Nile virus is spread by mosquitoes.
-  You get West Nile virus from a mosquito bite.
-  You can feel sick 3 – 15 days after a mosquito bites you.
-  People who get sick may feel like they have the flu. They may have:
 - Fever
 - Headache
 - Body Aches
 - Rash
-  Some people who get West Nile virus get very sick and die.
-  Most people who have gotten really sick have been about 50 or older, but everyone needs to be aware of mosquitoes, and keep them away.

Call your doctor or clinic
if you have questions.

For more facts go to:

California Department of Health Services
www.westnile.ca.gov

Centers for Disease Control and Prevention
www.cdc.gov/ncidod/dvbid/westnile/



ENGLISH VERSION

FIGHT THE BITE!



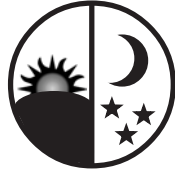
**PROTECT YOURSELF
AND YOUR FAMILY FROM
WEST NILE VIRUS**

For more information:
www.westnile.ca.gov
1-877-WNV-BIRD or
1-877-968-2473

What can you do?

Avoid mosquito bites!

Mosquitoes bite in the early morning and early evening hours.



During the two hours after the sun sets is when mosquitoes bite the most.



If you go out at these times wear long pants and long sleeved shirts.

Also, use insect repellent with DEET in it. Put the repellent on your skin that is not covered by clothes.

The DEET in the insect repellent keeps mosquitoes from biting you.



Follow the directions carefully.

Keep your home safe!



Mosquitoes lay their eggs and grow in standing water.

It only takes 7 days for a mosquito egg to hatch and become an adult mosquito.

Get rid of standing water around your home.

Empty water out of buckets, old tires, flower pots and toys.



Change water every few days from pet bowls and bird baths.

Keep good screens on your windows and doors.

Screens will keep mosquitoes out.

Tell your friends and neighbors!



West Nile virus is now found throughout California.

Dead birds are a sign that West Nile virus is in your area.



Birds like crows, ravens, and jays get very sick and can die from West Nile virus.

You do not get West Nile virus from touching a dead bird.



To monitor the spread of the virus, the State is tracking dead birds.

To report a dead bird, go to








www.westnile.ca.gov

or call toll-free

1-877-WNV-BIRD

or 1-877-968-2473.

¿Por qué debe preocuparse por el virus del Nilo Occidental?

-  El virus del Nilo Occidental puede afectarle a usted y a toda su familia.
-  El virus del Nilo Occidental es transmitido por los mosquitos.
-  Usted puede infectarse con el virus del Nilo Occidental por la picadura de un mosquito.
-  Usted puede padecer los síntomas de 3 a 15 días después que el mosquito lo ha picado.
-  Las personas que se enferman pueden sentirse como si tuvieran gripe. Pueden presentar:
 - Fiebre
 - Dolor de cabeza
 - Dolores musculares
 - Erupción cutánea/sarpullido
-  Algunas personas infectadas con el virus del Nilo Occidental se enferman de gravedad y mueren.
-  La mayoría de las personas que se han enfermado de gravedad tenían 50 años o más, pero todos necesitamos ser conscientes del peligro de los mosquitos y mantenerlos alejados.

Llame a su médico o su clínica si tiene alguna pregunta.

Para más información, diríjase a:

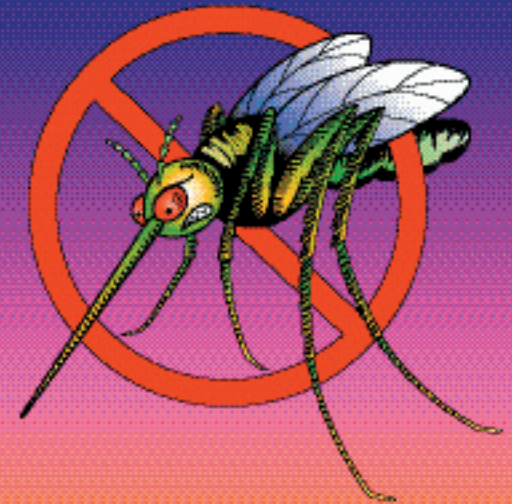
Departamento de Servicios de Salud de California
www.westnile.ca.gov

Centros para el Control y la Prevención de Enfermedades
www.cdc.gov/ncidod/dvbid/westnile/



SPANISH VERSION

¡COMBATA LA PICADURA!



**PROTÉJASE Y PROTEJA
A SU FAMILIA DEL VIRUS
DEL NILO OCCIDENTAL**

Para más información:
www.westnile.ca.gov
1-877-WNV-BIRD o
1-877-968-2473

¿Qué puede hacer?

¡Evite las picaduras de mosquito!

Los mosquitos pican en las primeras horas de la mañana y de la noche.



Dos horas después de la puesta del sol es cuando los mosquitos pican más.



Si sale a esas horas, use pantalones largos y camisa de manga larga.

Use también repelentes contra insectos que contengan DEET. Aplique el repelente en la piel que no esté cubierta por la ropa.

La DEET en el repelente contra insectos evita que los mosquitos lo piquen.



Siga las instrucciones con mucho cuidado.

¡Mantenga su hogar seguro!



Los mosquitos ponen huevos y crecen en el agua estancada.

En sólo 7 días nace una larva de mosquito del huevo y se convierte en un mosquito adulto.

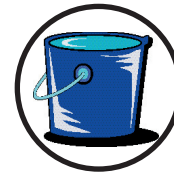
Elimine toda el agua estancada que haya cerca de su casa.

Vacíe el agua de los baldes, llantas viejas, macetas y juguetes.

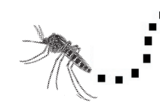
Cambie con frecuencia el agua de los recipientes de sus mascotas y pájaros.

Mantenga las mallas/ telas metálicas de las puertas y ventanas en buen estado.

Las mallas no dejarán entrar a los mosquitos.



¡Avisé a sus amigos y vecinos!

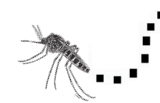


El virus del Nilo Occidental ahora afecta a toda California.

Los pájaros muertos son una señal de que el virus del Nilo Occidental ha llegado a su área.



Pájaros como cornejas, cuervos y arrendajos pueden enfermar gravemente y morir a causa del virus del Nilo Occidental.



Usted no se contagiará del virus del Nilo Occidental por tocar un pájaro muerto.










Para vigilar la propagación del virus, el estado lleva un control de los pájaros muertos.



Para informar sobre un pájaro muerto, diríjase a

www.westnile.ca.gov
o llame gratis a
1-877-WNV-BIRD
o 1-877-968-2473.

Tại sao cần phải đề phòng vi rút West Nile?

-  Vi rút West Nile có thể khiến cho quý vị và người trong gia đình mắc bệnh.
-  Vi rút West Nile do muỗi lan truyền.
-  Quý vị có thể nhiễm Vi rút West Nile khi bị muỗi cắn.
-  Quý vị có thể ngã bệnh trong vòng từ 3 đến 15 ngày sau khi bị muỗi cắn.
-  Những người ngã bệnh có thể cảm thấy như đang mắc bệnh cúm. Họ có thể bị:
 - Sốt
 - Đau đầu
 - Nhức mỏi mình mẩy
 - Nổi ban đỏ
-  Một số người nhiễm Vi rút West Nile có thể bị bệnh nặng và chết.
-  Đa số những người bị bệnh nặng là những người trong lứa tuổi 50 hoặc lớn hơn, nhưng tất cả mọi người đều cần phải lưu ý đến vấn đề muỗi mòng và tránh bị muỗi cắn.

Nếu có thắc mắc, quý vị nên gọi điện thoại cho bác sĩ của mình hoặc cho phòng mạch.

Để biết thêm thông tin về việc này, xin truy cập:

Bộ Y tế Tiểu bang California
www.westnile.ca.gov

Trung Tâm Kiểm Soát và Phòng Ngừa Bệnh Tật
www.cdc.gov/ncidod/dvbid/westnile/



VIETNAMESE VERSION

Tránh Bị Muỗi Cắn!



Bảo Vệ Cho Chính Mình Và Cho Gia Đình Khỏi Bị Nhiễm Vi Rút West Nile

Để biết thêm chi tiết, xin liên lạc:
www.westniled.ca.gov
1-877-WNV-BIRD hay la
1-877-968-2473

Quý vị có thể làm gì?

Tránh bị muỗi cắn!

Muỗi thường cắn vào lúc tảng sáng và chập tối.



Hai giờ sau khi mặt trời lặn là lúc dễ bị muỗi cắn nhất.



Nếu ra khỏi nhà trong những lúc đó, quý vị nên mặc quần dài và áo dài tay.

Ngoài ra, quý vị cũng nên dùng thuốc trừ muỗi có chất DEET. Bôi thuốc trừ muỗi trên phần da không có áo quần che kín.

Chất DEET trong thuốc trừ muỗi giúp quý vị khỏi bị muỗi cắn.



Cần phải theo đúng những chỉ dẫn về cách sử dụng.

Không Để Cho Muỗi Vào Nhà!



Muỗi đẻ trứng và sinh sôi nảy nở trong những chỗ nước đọng.

Thời gian từ khi đẻ trứng, trứng nở, cho tới lúc muỗi trưởng thành chỉ mất 7 ngày.

Đẹp bỏ những chỗ có nước đọng ở chung quanh nhà.

Đổ nước đọng ra khỏi các loại xô, vỏ xe cũ, chậu hoa, và đồ chơi.

Những đĩa đựng nước cho chó mèo và bồn tắm cho chim cần phải thay nước vài ngày một lần.

Bảo trì tốt các cửa lưới của những cửa ra vào và cửa sổ.

Cửa lưới giúp ngăn không cho muỗi vào nhà.



Nói chuyện với bạn bè và hàng xóm láng giềng!



Vi rút West Nile đã xuất hiện ở khắp tiểu bang California.

Chim chết là một dấu hiệu cho thấy rằng vi rút West Nile đang xuất hiện trong vùng quý vị cư ngụ.



Khi bị nhiễm vi rút West Nile những loại chim như quạ, kên kên, và giã cùi có thể bị bệnh nặng và chết.

Quý vị sẽ không bị nhiễm vi rút West Nile chỉ vì sờ vào một con chim chết.










Chính quyền tiểu bang đang thu thập dữ liệu về chim chết để theo dõi sự lan truyền của vi rút West Nile.

Để báo cáo về chim chết, xin truy cập

www.westnile.ca.gov
hoặc gọi điện thoại miễn phí
1-877-WNV-BIRD
hay là 1-877-968-2473.

Bakit dapat ka mag-alala tungkol sa West Nile virus?

-  Maaari ka at ang iyong pamilya magkasakit dahil sa West Nile virus.
-  Ang West Nile virus ay kinakalat ng mga lamok.
-  Makukuha mo ang West Nile virus mula sa isang kagat ng lamok.
-  Maaaring maramdaman mong para kang may sakit 3 – 15 araw pagkatapos mong makagat ng lamok.
-  Ang mga taong nagkakasakit ay maaaring makaramdam na parang mayroon silang trangkaso (flu). Maaaring mayroon silang:
 - Lagnat
 - Sakit sa ulo
 - Masakit na katawan
 - Namumulang balat
-  Ang ilang taong nagkaka-West Nile virus ay nagkakasakit nang husto at namamatay.
-  Ang karamihan ng mga taong nagkasakit nang husto ay mga 50 taong-gulang o mas matanda, ngunit kailangan malaman ng lahat na may mga lamok, at iwasan ang mga ito.

Tawagan ang iyong doktor o klinika kung mayroon kang mga katanungan.

Para sa karagdagang impormasyon, magpunta sa:

Kagawaran ng mga Serbisyo sa Kalusugan ng California
www.westnile.ca.gov

Centers for Disease Control and Prevention
www.cdc.gov/ncidod/dvbid/westnile/



TAGALOG VERSION

LABANAN ANG KAGAT!



PROTEKTAHAN ANG IYONG SARILI AT ANG IYONG PAMILYA MULA SA WEST NILE VIRUS

Para sa karagdagang impormasyon:
www.westnile.ca.gov
1-877-WNV-BIRD o
1-877-968-2473

Ano ang magagawa mo?

Iwasan ang mga kagat ng lamok!



Ang mga lamok ay nangangagat sa umagang-umaga at sa mga unang oras ng gabi.

Pinakamarami ang mga kagat ng lamok dalawang oras pagkatapos bumaba ng araw.



Kung lalabas ka sa mga oras na ito, magsuot ng mahabang pantalon at mga pang-itaas na may mahabang manggas.

At gumamit din ng insect repellent na may DEET. Maglagay ng repellent sa iyong balat na hindi natatakpan ng mga kasuotan.

Dahil sa DEET sa insect repellent, hindi ka kakagatin ng mga lamok.



Maingat na sundin ang mga tagubilin.

Panatilihing ligtas ang iyong tahanan!



Ang mga lamok ay nangingitlog at lumalaki sa napupunan ng tubig.

Inaabot lamang ng 7 araw para lumabas ang lamok sa itlog at para ito ay lumaki.

Tanggalin ang napupunan ng tubig sa paligid ng iyong tahanan.

Tanggalan ng tubig ang mga balde, mga lumang gulong, mga paso, at mga laruan.



Palitan bawat ilang araw ang tubig sa mga lalagyan ng tubig para sa alagang-hayop at para sa paliguan ng mga ibon.

Maglagay ng mahuhusay na screen sa iyong mga bintana at mga pintuan.

Hindi makakapasok sa tahanan ang mga lamok kapag may screen.

Sabihin sa iyong mga kaibigan at mga kapitbahay!



Ang West Nile virus ay makikita na ngayon sa buong California.

Ang mga patay na ibon ay isang senyas na ang West Nile virus ay nasa iyong lugar.



Ang mga ibon tulad ng mga uwak, raven, at mga jay ay nagkakasakit nang husto at maaaring mamatay mula sa West Nile virus.

Hindi ka magkakaroon ng West Nile virus kapag humipo ka ng patay na ibon.



Upang sundan ang pagkalat ng birus, tinitingnan ng Estado kung saan mayroong mga patay na ibon.

Upang iulat ang isang patay na ibon, magpunta sa

www.westnile.ca.gov

o tumawag nang walang bayad sa

1-877-WNV-BIRD

o sa 1-877-968-2473.

តើហេតុអ្វី បានជាអ្នកត្រូវបារម្ភ អំពីមេរោគវិស្តណាល (West Nile Virus)?

- 🦟 មេរោគវិស្តណាល (West Nile Virus) អាចធ្វើឲ្យគ្រួសាររបស់អ្នកឈឺបាន ។
- 🦟 មេរោគវិស្តណាល អាចឆ្លងរាលដាលដោយសារសត្វមូស ។
- 🦟 អ្នកឆ្លងមេរោគវិស្តណាលដោយសារមូសខាំ ។
- 🦟 អ្នកអាចឈឺនៅ 3 –15 ថ្ងៃ បន្ទាប់ពីមូសបានខាំអ្នក ។
- 🦟 មនុស្សដែលឈឺដោយសារមេរោគនេះ អាចមានអាការៈដូចជាគ្រុនក្តៅសាយភ័យ ។ គេអាចមាន :
 - គ្រុន
 - ឈឺក្បាល
 - ឈឺខ្លួនប្រាណ
 - កន្ទួលសាច់
- 🦟 មនុស្សមួយចំនួនដែលមានមេរោគវិស្តណាល អាចឈឺខ្លាំង ហើយអាចស្លាប់ផង ។
- 🦟 ភាគច្រើននៃមនុស្សដែលឈឺខ្លាំង គឺជាមនុស្សមានអាយុប្រហែល 50 ឆ្នាំ ឬចាស់ជាង ប៉ុន្តែមនុស្សគ្រប់ៗរូបត្រូវការដឹងអំពីមូស ទាំងឡាយ ហើយការការពារកុំឲ្យវាមកជិតខ្លួន ។ ។

បើសិនជាអ្នកមានសំណួរអ្វី ទូរស័ព្ទទៅគ្រូពេទ្យរបស់អ្នក ឬមន្ទីរពិនិត្យ

ដើម្បីឲ្យបានប្រាប់ការពិតថែមទៀត សូមទៅមើល :
 ក្រសួងសុខាភិបាល រដ្ឋកាលីហ្វ័រនីញ៉ា
 California Department of Health Services
www.westnile.ca.gov

មជ្ឈមណ្ឌលសំរាប់ត្រួតពិនិត្យ និងបង្ការជំងឺ
 Centers for Disease Control and Prevention
www.cdc.gov/ncidod/dvbid/westnile/



KHMER VERSION

ចូរការពារខ្លួនអ្នក និងគ្រួសារ! និងសត្វមូសកំណាច!



ចូរការពារខ្លួនអ្នក និងគ្រួសារ

របស់អ្នក ពីមេរោគ

វីរុស ណាល វីរុស (West Nile Virus)

ដើម្បីឲ្យបានប្រាប់ព័ត៌មានថែមទៀត :
www.westnile.ca.gov
 1-877-WVN-BIRD ឬ
 1-877-968-2473

តើអ្នកអាចធ្វើអ្វី?

ត្រូវជៀសវាងកុំឲ្យមូសខាំ!

មូសតែងខាំនៅពេលព្រឹកព្រលឹម និងនៅពេលព្រលប់ៗ ។



នៅពីរម៉ោងបន្ទាប់ពីថ្ងៃលិច គឺជាពេលមូសខាំខ្លាំងជាងគេបង្អស់ ។



បើអ្នកចេញទៅក្រៅនៅម៉ោងនេះ ត្រូវស្លៀកខោជើងវែង និងពាក់អាវដៃវែង ។

ត្រូវប្រើថ្នាំបាញ់កំចាត់មូសមានសារធាតុ ឌីត (DEET) ផង ដែរ ។

បាញ់ថ្នាំកំចាត់មូសនៅលើស្បែករបស់អ្នក ដែលមិនបានគ្របបាំងដោយសំលៀកបំពាក់ ។

ថ្នាំបាញ់កំចាត់មូសដែលមានសារធាតុ ឌីត (DEET)

រក្សាកុំឲ្យមូសខាំអ្នក ។



ត្រូវធ្វើតាមសេចក្តីពន្យល់ណែនាំ ដោយប្រុងប្រយ័ត្ន ។

ច្បារក្សាផ្ទះសំបែងរបស់អ្នកឲ្យបានសុខ!



មូសតែងតែពង និងញាស់ធំឡើង នៅក្នុងទីដែលមានទឹកដក់ ។

វាប្រើពេលតែ 7 ថ្ងៃប៉ុណ្ណោះ ដែលពងមូសចាប់ផ្តើមញាស់ ហើយក្លាយជាមូសពេញវ័យ ។

ត្រូវកំចាត់កុំឲ្យមានទឹកដក់ នៅជុំវិញផ្ទះរបស់អ្នក ។

ត្រូវចាក់ទឹកចេញពីធុង ពីកង់ ឡានចាស់ៗ ពីថង់ដាំផ្កា និងពី ប្រដាប់ប្រដាភ្នែកលេង ។



ត្រូវប្តូរទឹកក្នុងចានសំរាប់ឲ្យសត្វទឹក និងឲ្យសត្វស្លាបរង្វាត រៀងរាល់ពីរថ្ងៃម្តង ។

ត្រូវរក្សាសំណាញ់បង្អួច និងទ្វារកុំឲ្យរំហែក ។

សំណាញ់ រក្សាកុំឲ្យមូសចូលបាន ។

ចូរប្រាប់មិត្តភក្តិរបស់អ្នក និងអ្នកជិតខាងរបស់អ្នក!



មេរោគវិស្តណាល ឥឡូវនេះគេ បានរកឃើញនៅពាសពេញរដ្ឋកាលីហ្វ័រនីញ៉ា ។

បក្សីដែលងាប់ គឺជាសញ្ញាថាមាន មេរោគវិស្តណាល នៅក្នុង តំបន់ដែលអ្នករស់នៅ ។



បក្សីដូចជាសត្វក្អែក ចំពួកក្អែកអេន និងល្វាចេក ឈឺជាខ្លាំង ហើយអាច ងាប់ដោយសារវិស្តណាលវិរុស ។










អ្នកមិនគួរមេរោគវិស្តណាល ដោយសារការប៉ះនឹងសត្វងាប់ទេ ។



ដើម្បីត្រួតពិនិត្យមើលការឆ្លងរាលដាល នៃវិរុស រដ្ឋកំពុងតាមដានសត្វងាប់ ។

ដើម្បីរាយការណ៍អំពីសត្វងាប់ សូមចូលមើល
www.westnile.ca.gov
 ឬទូរស័ព្ទទៅលេខឥតថ្លៃ
 1-877-WNV-BIRD
 ឬ 1-877-968-2473 ។

Vim li cas koj thiaj txhawj xeeb txog tus kab mob West Nile virus no?

-  Tus kab mob West Nile virus no muaj peevxwm ua rau koj thiab koj tsev neeg muaj mob.
-  Tus kab mob West Nile virus no yog kis los ntawm yoov tshaj cum.
-  Koj tau tus mob West Nile virus no los ntawm yoov tshaj cum tom.
-  Tom qab 3-15 hnuv uas yoov tom koj tas koj yuav muaj mob.
-  Cov neeg tau tus mob no yuav hnov mob li tau khauv thuas. Lawv yuav:
 - Ua npaws
 - Dias taub hau
 - Mob ib ce
 - Ua pob raws tej tawv nqaij
-  Cov neeg tau tus mob West Nile virus no yuav muaj mob nyhav thiab tuag.
-  Cov neeg tau mob nyhav no feem coob yog cov hnuv nyoog 50 xyoo thiab laus dua xwb, tab sis sawvdaws yuav tau ceev faj cov yoov no thiab txav kom deb.

Hu rau koj tus kws kho mob lossis lub tsev kho mob yog koj muaj lus nug.

Yog xav paub kom tseeb, hu rau:
California Lub Tsev Soj Ntsuam Xyuas
Kev Mob Nkeeg
www.westnile.ca.gov

Qhov Chaw Soj Ntsuam Xyuas Kev Tiv
Thaiv Kab Mob
www.cdc.gov/ncidod/dvbid/westnile/



HMONG VERSION

TIV THAIV YOOV TOM !



**THAIV KOJ TUS KHEEJ THIAB
KOJ TSEV NEEG KOM TXHOB
TAU TUS KAB MOB
WEST NILE VIRUS NO.**

Xav paub tshaj no:
www.westnile.ca.gov
1-877-WNV-BIRD lossis
1-877-968-2473

Koj yuav ua li cas?

Zam kom yoov tshaj cum txhob tom.

Yoov tshaj cum tom neeg thaum sawv ntxov ntxov thiab yav yuav tsaus ntuj.



Ob teev tom qab hnuv poob lawm yog lub caij yoov tom heev tshaj.



Yog koj tawm mus sab nraud, yuav tau hnav ris ntev thiab tsho ntev.

Dua li no, siv cov tshuaj tsuag yoov uas muaj DEET xyaw. Tsuag tshuaj rau tej tawv nqaij uas tsis muaj khaub ncaws npog.

Cov tshuaj xyaw DEET no thiaj ua rau yoov tsis tom koj.



Yoog raws kev qhia hauv no kom zoo.

Saib xyuas koj lub tsev kom zoo!



Yoov tshaj cum nteg qe thiab huam vam hauv cov dej ua teev tseg.

7 hnuv nkaus xwb lub qe yoov tshaj cum daug thiab dhau mus ua ib tug yoov tshaj cum laus lawm.

Tshem txhob pub muaj dej teev tseg ze koj lub tsev.

Nchuav cov dej hauv tej thoob dej, hauv tej log tshob qub qub, tej tais rau paj ntoos thiab khoom ua si rau me nyuam povtseg kom tas.



Hloov dej tsis so rau tej tais haus dej rau tsiaj thiab chaws noog da dej.

Muab ntxaij vij tsam thaiv koj cov qhov rooj qhov rais kom zoo.

Cov ntxaij no yuav ua rau yoov tshaj cum nkag tsis tau los tsev.

Qhia rau koj cov phooj ywg thiab tej zej zog!



Tamsim no cov kab mob West Nile Virus no tshwm muaj nyob thoob plaws hauv California.

Thaum pom muaj noog tuag koj yuav paub tias tus kab mob West Nile virus no twb



muaj nyob ze ntawm thaj tsam koj nyob no lawm.



Tus kab mob West Nile virus no muaj peevxwm ua rau cov uab lag, noog dub loj thiab noog xiav mob nyhav thiab tuag taus.

Tus kab mob West Nile virus no yuav kis tsis tau rau koj thaum koj kov ib tug noog uas tuag lawm.



Lub Xeev teev cov noog tuag cia kom thiaj paub tias tus kab mob no huam mus txog qhovtwg lawm.

Mus qhia txog noog tuag rau ntawn








www.westnile.ca.gov

lossis hu tus xov tooj hu-dawb

1-877-WNV-BIRD

lossis 1-877-968-2473.

Why should you worry about West Nile virus?

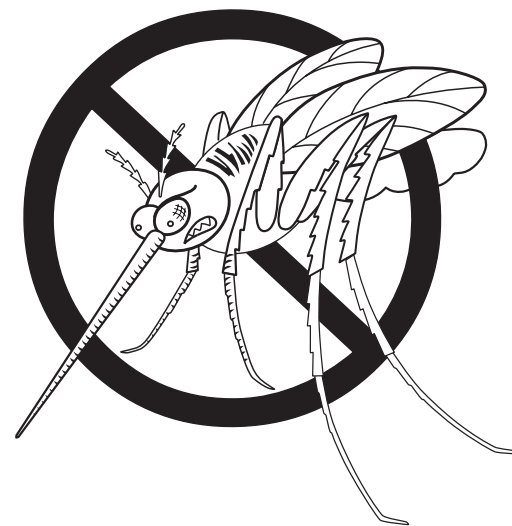
-  West Nile virus can make you and your family sick.
-  West Nile virus is spread by mosquitoes.
-  You get West Nile virus from a mosquito bite.
-  You can feel sick 3 – 15 days after a mosquito bites you.
-  People who get sick may feel like they have the flu. They may have:
 - Fever
 - Headache
 - Body Aches
 - Rash
-  Some people who get West Nile virus get very sick and die.
-  Most people who have gotten really sick have been about 50 or older, but everyone needs to be aware of mosquitoes, and keep them away.

Call your doctor or clinic
if you have questions.



ENGLISH VERSION

FIGHT THE BITE!



**PROTECT YOURSELF
AND YOUR FAMILY FROM
WEST NILE VIRUS**

For more information:
www.westnile.ca.gov
1-877-WNV-BIRD or
1-877-968-2473

What can you do?

Avoid mosquito bites!



Mosquitoes bite in the early morning and early evening hours.

Two hours after the sun sets is when mosquitoes bite the most.



If you go out at these times wear long pants and long sleeved shirts.

Also, use insect repellent with DEET in it. Put the repellent on your skin that is not covered by clothes.

The DEET in the insect repellent keeps mosquitoes from biting you.



Follow the directions carefully.

Keep your home safe!

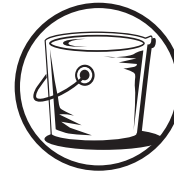


Mosquitoes lay their eggs and grow in standing water.

It only takes 7 days for a mosquito egg to hatch and become an adult mosquito.

Get rid of standing water around your home.

Empty water out of buckets, old tires, flower pots and toys.



Change water every few days from pet bowls and bird baths.

Keep good screens on your windows and doors.

Screens will keep mosquitoes out.

Tell your friends and neighbors!

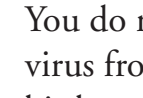


West Nile virus is now found throughout California.

Dead birds are a sign that West Nile virus is in your area.



Birds like crows, ravens, and jays get very sick and can die from West Nile virus.



You do not get West Nile virus from touching a dead bird.



To monitor the spread of the virus, the State is tracking dead birds.

To report a dead bird, go to








www.westnile.ca.gov

or call toll-free

1-877-WNV-BIRD

or 1-877-968-2473.

¿Por qué debe preocuparse por el virus del Nilo Occidental?

-  El virus del Nilo Occidental puede afectarle a usted y a toda su familia.
-  El virus del Nilo Occidental es transmitido por los mosquitos.
-  Usted puede infectarse con el virus del Nilo Occidental por la picadura de un mosquito.
-  Usted puede padecer los síntomas de 3 a 15 días después que el mosquito lo ha picado.
-  Las personas que se enferman pueden sentirse como si tuvieran gripe. Pueden presentar:
 - Fiebre
 - Dolor de cabeza
 - Dolores musculares
 - Erupción cutánea/sarpullido
-  Algunas personas infectadas con el virus del Nilo Occidental se enferman de gravedad y mueren.
-  La mayoría de las personas que se han enfermado de gravedad tenían 50 años o más, pero todos necesitamos ser conscientes del peligro de los mosquitos y mantenerlos alejados.

Llame a su médico o su clínica si tiene alguna pregunta.



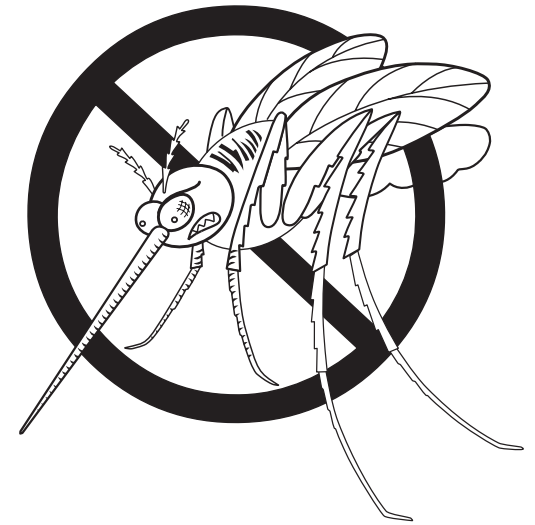
Para más información, diríjase a:

Departamento de Servicios de Salud de
California
www.westnile.ca.gov

Centros para el Control y la Prevención de
Enfermedades
www.cdc.gov/ncidod/dvbid/westnile/

SPANISH VERSION

¡COMBATA LA PICADURA!



**PROTÉJASE Y PROTEJA
A SU FAMILIA DEL VIRUS
DEL NILO OCCIDENTAL**

Para más información:
www.westnile.ca.gov
1-877-WNV-BIRD o
1-877-968-2473

¿Qué puede hacer?

¡Evite las picaduras de mosquito!

Los mosquitos pican en las primeras horas de la mañana y de la noche.



Dos horas después de la puesta del sol es cuando los mosquitos pican más.



Si sale a esas horas, use pantalones largos y camisa de manga larga.

Use también repelentes contra insectos que contengan DEET. Aplique el repelente en la piel que no esté cubierta por la ropa.

La DEET en el repelente contra insectos evita que los mosquitos lo piquen.



Siga las instrucciones con mucho cuidado.

¡Mantenga su hogar seguro!



Los mosquitos ponen huevos y crecen en el agua estancada.

En sólo 7 días nace una larva de mosquito del huevo y se convierte en un mosquito adulto.

Elimine toda el agua estancada que haya cerca de su casa.

Vacíe el agua de los baldes, llantas viejas, macetas y juguetes.

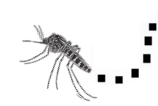


Cambie con frecuencia el agua de los recipientes de sus mascotas y pájaros.

Mantenga las mallas/telas metálicas de las puertas y ventanas en buen estado.

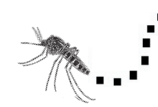
Las mallas no dejarán entrar a los mosquitos.

¡Avisé a sus amigos y vecinos!



El virus del Nilo Occidental ahora afecta a toda California.

Los pájaros muertos son una señal de que el virus del Nilo Occidental ha llegado a su área.



Pájaros como cornejas, cuervos y arrendajos pueden enfermar gravemente y morir a causa del virus del Nilo Occidental.

Usted no se contagiará del virus del Nilo Occidental por tocar un pájaro muerto.



Para vigilar la propagación del virus, el estado lleva un control de los pájaros muertos.

Para informar sobre un pájaro muerto, diríjase a

www.westnile.ca.gov
o llame gratis a
1-877-WNV-BIRD
o 1-877-968-2473.

WHAT IS WEST NILE VIRUS?

West Nile virus is a virus carried by mosquitoes. West Nile virus can cause serious illness in humans.

WHERE DID IT COME FROM?

The virus has been found in the Middle East, Africa, and West Asia since the 1930s. West Nile virus was first found in the United States in 1999.

West Nile first appeared in California in 2003, and is here to stay. It is a seasonal disease that flares up in the summer and continues into the fall. In some parts of California, people can be infected with West Nile virus year-round.

HOW DOES INFECTION OCCUR?

You can get West Nile virus if an infected mosquito bites you.

People over age 50 are more likely to become very sick or die if they get infected by West Nile virus. In 2004, over 70 percent of the West Nile virus fatalities were in people over the age of 50.

Most people are bitten doing everyday activities around their own home like gardening, sitting outside, and barbecuing. **Keeping mosquitoes from biting you reduces your risk of getting West Nile virus.**

SYMPTOMS OF WEST NILE VIRUS

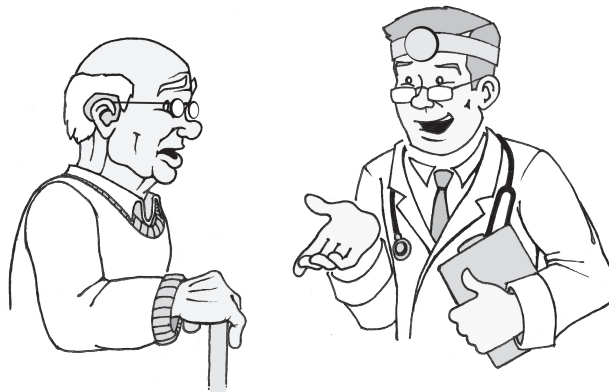
Symptoms of West Nile virus usually will appear 3 to 14 days after being bitten by an infected mosquito.

Most people with West Nile virus will not have any symptoms. **However, older people or the immune-compromised, such as those on cancer chemotherapy, are more likely to get West Nile virus.**

Common symptoms of West Nile virus include fever, headache, body aches, and sometimes skin rashes or swollen lymph nodes. These symptoms may last a few days, but there are reports of prolonged fatigue and muscle weakness.

Serious symptoms include headache, high fever, neck stiffness, disorientation, coma, tremors, muscle weakness, loss of vision, convulsions, numbness, and paralysis. These symptoms may last several weeks and can cause permanent nervous system damage.

Seek medical attention right away if you have any of these symptoms.

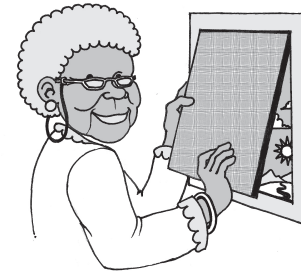
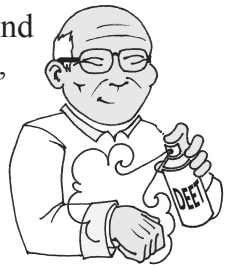


West Nile virus infection can sometimes be fatal. There is no specific treatment for West Nile virus infection and there is no human vaccine.

Do not take a chance. While the risk of getting West Nile virus from a mosquito bite is small, it is easy to protect yourself from infection.

PRACTICE THE THREE "DS"

To help protect yourself and others from West Nile virus, use repellents that contain **DEET**, Picaridin, or oil of lemon eucalyptus before going outdoors.



Fix or replace missing or torn **DOOR** and window screens to keep mosquitoes out of your home. Offer to help neighbors fix their screens.

DRAIN standing water in and around your yard so mosquitoes will not have a place to lay their eggs. Change water in pet dishes, birdbaths, plants, and flower containers weekly.



Keep gutters free from leaves and debris. Help others in your neighborhood to "mosquito proof" their yards, too.

HELP YOUR COMMUNITY !

You can help your community fight West Nile virus. Report dead birds by calling the California West Nile Virus Dead Bird Hotline at **1-877-WNV-BIRD** or report online at: www.westnile.ca.gov



FOR FURTHER INFORMATION

The following sources can help you learn more about West Nile virus.

California Department of Health Services
877-WNV-BIRD
www.westnile.ca.gov

Centers for Disease Control and Prevention
800-CDC-INFO
www.cdc.gov/westnile



Arnold Schwarzenegger, Governor
State of California

Kimberly Belshé, Secretary
Health and Human Services Agency

Sandra Shewry, Director
California Department of Health Services



Published by the
State of California
Department of Health Services
Vector-Borne Disease Section
(916) 552-9730

What You Need To Know



WEST NILE VIRUS

INFORMATION

FOR

SENIORS



¡AYUDE A SU COMUNIDAD!

Usted puede ayudar a su comunidad a luchar contra el Virus del Nilo Occidental. Reporte pájaros muertos llamando a la línea de información Virus del Nilo Occidental de California, al **1-877-968-2473** y seleccione la **opción 2** o envíe su informe al visitar nuestro **sitio de Internet al: www.westnile.ca.gov**



PARA MAS INFORMACIÓN

Las siguientes fuentes de información pueden ayudarlo a conocer más sobre el Virus del Nilo Occidental.

Departamento de Servicios de Salud
de California

1-877-968-2473
www.westnile.ca.gov

Centros para el Control y
Prevención de las Enfermedades

1-800-232-4636
www.cdc.gov/westnile



Arnold Schwarzenegger, Gobernador
Estado de California

Kimberly Belshé, Secretaria
Agencia de Servicios de Salud y Humanos

Sandra Shewry, Directora
Departamento de Servicios de Salud
de California

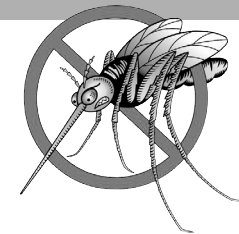


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Departamento de Servicios de Salud
Oficina de Enfermedades de
Vectores Infecciosos
(916) 552-9730

LO QUE USTED NECESITA SABER



INFORMACIÓN SOBRE EL VIRUS DEL NILO OCCIDENTAL PARA PERSONAS MAYORES



¿QUÉ ES EL VIRUS DEL NILO OCCIDENTAL?

El Virus del Nilo Occidental es un virus transportado por mosquitos. El Virus del Nilo Occidental puede causar graves enfermedades en los seres humanos.

¿QUÉ PROCEDENCIA TIENE?

El virus se ha encontrado en el Medio Oriente, Asia Occidental y África desde la década de los años 1930. El Virus del Nilo Occidental fue encontrado por primera vez en los Estados Unidos en 1999.

En California, el Virus del Nilo Occidental apareció en 2003, y encontró un entorno muy favorable. Es una enfermedad estacional que brota en el verano y continua hasta el otoño. En algunas regiones de California, las personas pueden infectarse con el Virus del Nilo Occidental todo el año.

¿CÓMO SE CONTRAE LA INFECCIÓN?

Usted puede contraer el Virus del Nilo Occidental a través de la picadura de un mosquito. **Las personas mayores de 50 años tienen más probabilidades de enfermarse gravemente, o morir, si se infectan con el Virus del Nilo Occidental.** En 2004, más del 70 por ciento de las fatalidades causadas por el Virus del Nilo Occidental fueron en personas mayores de 50 años.

La mayor parte de las personas son picadas mientras llevan a cabo sus tareas diarias, tal como trabajar en el jardín, sentarse afuera, o hacer una barbacoa. **La mejor manera de reducir la posibilidad de contraer el Virus del Nilo Occidental es evitar la picadura de mosquitos.**

SÍNTOMAS DEL VIRUS DEL NILO OCCIDENTAL

Los síntomas del Virus del Nilo Occidental van a aparecer generalmente entre 3 a 14 días después de haber sido picado por un mosquito infectado.

La mayoría de las personas infectadas con el Virus del Nilo Occidental no van tener ningún síntoma. **Sin embargo, las personas de edad avanzada, con sistemas corporales inmuno-comprometidos, o aquellos que están recibiendo quimioterapia contra el cáncer, tienen más probabilidades de contraer el Virus del Nilo Occidental.**

Los síntomas más comunes del Virus del Nilo Occidental incluyen fiebre, dolor de cabeza, dolores corporales, y en algunos casos salpullido, o nódulos linfáticos hinchados. Estos síntomas pueden durar pocos días, pero han habido informes de fatiga prolongada y debilidad muscular.

Los síntomas más graves incluyen dolor de cabeza, fiebre alta, rigidez en la nuca, desorientación, coma, temblores, debilidad muscular, pérdida de la visión, convulsiones, entumecimiento y parálisis. Estos síntomas pueden durar varias semanas y causar daños permanentes al sistema nervioso.

Busque atención médica inmediatamente si tiene alguno de estos síntomas.



La infección del Virus del Nilo Occidental en algunos casos puede ser mortal. No hay un tratamiento específico para la infección del Virus del Nilo Occidental, ni existe una vacuna para los humanos.

No se arriesgue. Aunque la probabilidad de contraer el Virus del Nilo Occidental por una picadura es muy baja, es fácil protegerse de la infección.

PRACTIQUE LAS TRES MEDIDAS BÁSICAS

Para ayudar a protegerse a usted y a los demás del Virus del Nilo Occidental use repelentes que contengan **DEET**, Picaridin, o aceite de eucalipto limón antes de ir afuera.



Arregle o cambie los mosquiteros rasgados o faltantes de las **PUERTAS** y ventanas, para evitar que los mosquitos entren a su hogar. Ofrezca ayuda a sus vecinos para arreglar los mosquiteros de sus casas.

DRENE el agua estancada en su jardín y en los alrededores para que los mosquitos no encuentren lugares para poner sus huevos. Cambie el agua usada para sus mascotas, baños para pájaros, plantas, y floreros todas las semanas. Mantenga las cunetas libres de hojas y escombros. Ayude a los demás para que también mantengan sus jardines a “prueba de mosquitos”.

