

Associated Pediatric Partners, S.C.

M. Belinda Radis, M.D.

Dov Y. Shapiro, M.D.

Asha Varghese, M.D.

Cheryl Donovan-Hunt, M.D.

AVOID MOSQUITOES, PROTECT YOURSELF AND YOUR FAMILY

- Wear light colored clothing covering arms and legs
- Stay inside from dusk to dawn during April to October.
- During the day if in an area where there are a lot of weeds tall grasses or bushes.
- Use insect repellent Deet:
 - 20-30% for adults
 - Less than 10% for kids
 - None for babies under 6months

For young children and babies in a stroller you can spray the stroller and use a mosquito net. We recommend spraying young children's clothes and use the spray on your hands to apply to exposed skin. Bathe children when they get in to remove the insect repellent

WEST NILE VIRUS

West Nile Virus is a mosquito borne virus. It is spread to humans if they are bitten by a mosquito that has become infected by biting a bird carrying the disease. There is no human to human spread.

Symptoms

Most people who are infected with West Nile Virus have no symptoms or have a mild illness such as fever, headache and body aches before fully recovering. You can also develop a mild rash or swollen lymph nodes. At its most serious you can have symptoms of encephalitis or meningitis which include severe headache, high fever, stiff neck, confusion, loss of consciousness, or muscle weakness, and may be fatal.

Children are not at increased risk of contracting West Nile Virus.

Most mosquitoes are not infected with the West Nile Virus but even if you are bitten by an infected mosquito (risk less than 2%) the symptoms are usually very mild or none. Most people develop immunity to it without realizing that they have been exposed.

Contact your doctor if:

If your child develops symptoms such as high fever, confusion, muscle weakness, severe headaches, stiff neck or sensitivity to light.