

Fight the Bite!

Help fight the bite by doing these items:

- ▶ Avoid dusk and dawn when mosquitoes are most active
- ▶ Wear an EPA-registered repellent to decrease bites (e.g. DEET, permethrin, picaridin, IR3535, oil of lemon eucalyptus)
- ▶ Wear long sleeved shirts and pants
- ▶ Eliminate mosquito breeding sites on your property by:
 - ▶ Eliminating areas with standing water such as tires
 - ▶ Turn over items that may collect water such as buckets or toys
 - ▶ Change water in bird baths or pet water bowls at least once per week
 - ▶ Check gutters to make sure debris is clear and water can drain
- ▶ Repair items that may leak outside such as faucets, hoses, or air conditioners
- ▶ Make sure doors and windows have tight fitting screens
- ▶ Travelers to areas with endemic Dengue, Zika, Chikungunya, and Malaria transmission should also avoid mosquito bites by:
 - ▶ Wearing an EPA-registered repellent
 - ▶ Wearing long sleeved shirts and pants
 - ▶ Staying in places with air conditioning or tight fitting screens or doors or using bed nets if such accommodations are unavailable
 - ▶ Pregnant women should avoid travel to these areas during pregnancy if possible
 - ▶ Upon return travelers should avoid mosquito bites for three weeks



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FOR MORE INFORMATION

Centers for Disease Control
<http://www.cdc.gov/ncezid/dvbd/>



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What you should know



West Nile Virus

West Nile virus is carried by Culex mosquitoes (primarily Culex tarsalis in Nebraska) and can cause serious disease and death in people and certain animals (e.g. birds and horses).

Signs and Symptoms: Most people infected with West Nile virus experience no symptoms or a mild flu-like illness with fever, headache, and body aches.

Rarely, particularly in those over 50, West Nile virus can cause encephalitis (inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord).

Where is it Found: West Nile virus was first introduced in the U.S. in 1999 and has since spread across the continental U.S. It was first identified in Nebraska in 2002 with human cases now reported annually from Nebraska.



Dengue

Dengue is a disease caused by four closely related viruses that are carried by infected Aedes aegypti and Aedes albopictus mosquitoes.

Signs and Symptoms: Infection with one of the viruses does not provide protection against the others and may in fact put people at greater risk of developing dengue hemorrhagic fever.

Symptoms of dengue fever: high fever, severe headache, pain behind the eyes, joint pain, muscle and body pain, rash, and mild bleeding (e.g. nose, gums, easy bruising).

Dengue hemorrhagic fever is a more severe form of dengue fever and can be fatal if not treated properly in a timely fashion.

Where is it Found: Dengue is not found in Nebraska. Most dengue cases reported in the U.S. are acquired elsewhere from travelers or immigrants.



St. Louis Encephalitis

St. Louis encephalitis virus (SLE) is carried by Culex mosquitoes (primarily by Culex tarsalis) and can cause serious illness and death in people who are bitten by an infected mosquito.

Signs and Symptoms: Most people infected with SLE experience no symptoms. People that do become ill can have symptoms of fever, headache, tiredness, nausea, and vomiting.

Severe disease (often encephalitis) can occur on rare occasions. This is most common in older adults and can result in long-term disability or even death.

Where is it Found: The majority of cases have historically been reported from areas in the eastern and central U.S. It is rarely reported in Nebraska but surveillance in Nebraska has showed that it is still circulating in mosquitoes in some areas of the state.



Chikungunya

Chikungunya is a virus that is spread to people by the bite of an infected Aedes aegypti or Aedes albopictus mosquito. Mosquitoes are infected when they bite and feed on a person who is already infected with the virus.

Signs and Symptoms: Symptoms usually begin three to seven days after being bitten by an infected mosquito vector.

Common symptoms include fever and severe joint pain (often in the feet and hands), headache, rash, muscle pain, joint swelling.

Where is it Found: Outbreaks have been seen in Southern Europe, Africa, Southeast Asia, and on islands in the Pacific and Indian Oceans. Chikungunya is not found in Nebraska but can be acquired elsewhere by travelers and immigrants.



Zika

Zika is a virus that is spread mostly to people by the bite of an infected Aedes aegypti or Aedes albopictus mosquito. Mosquitoes are infected when they bite and feed on a person who is already infected with the virus. Transmission can also occur from mother to her unborn child during pregnancy and through sexual contact.

Signs and Symptoms: Most people infected with Zika virus experience no symptoms or a mild illness.

Common symptoms include fever, rash, joint pain, and conjunctivitis (red eyes). Zika virus has also been linked to cases of Guillain-Barré Syndrome of infected people as well as birth defects in children born to mothers who were infected during pregnancy.

Where is it Found: Zika virus is not found in Nebraska but has been found in Africa, Southeast Asia, Western Pacific Islands, and recently in Central and South America, Mexico, and areas in the Caribbean. Small, sporadic outbreaks are expected to occur within certain areas of the southeastern United States much like what has been seen in the past with dengue and Chikungunya viruses.



Malaria

Malaria is an illness caused by a parasite that can be carried by Anopheles mosquitoes that can be serious and sometimes fatal. It is spread to people by the bite of an infected Anopheles mosquito that must first be infected from a previous blood meal taken from an infected person.

Signs and Symptoms: Symptoms commonly reported including fever, shaking chills, headache, muscle aches, and tiredness. Nausea, vomiting, and diarrhea have also been reported. Severe complications and death can occur if not treated properly.

Where is it Found: Malaria was eliminated from the U.S. in the 1950's. Cases that occur in the U.S. are from travelers and immigrants returning from areas of the world with endemic malaria transmission.