

Using Insect Repellents Safely

Read and follow all directions and precautions on the product label.

- Do not apply over cuts, wounds or irritated skin.
- Do not apply to hands or near eyes and mouth of young children.
- Do not allow young children to apply this product.
- Use just enough repellent to cover exposed skin and/or clothing. Do not use under clothing.
- Avoid over-application of the product.
- After returning indoors, wash treated skin with soap and water.
- Wash treated clothing before wearing it again.
- Use of this product may cause skin reactions in rare cases.



The following additional statements will appear on all aerosol and pump spray formulation labels:

- Do not spray in an enclosed area.
- Do not spray directly on face. To apply to face, spray on hands first and then rub on face.

Where can I get more information?

- Bergen County Department of Health Services
www.bergenhealth.org
- Bergen County Health and Safety Information Line
Phone: 201-225-7000
- Bergen County Mosquito Control Division
Phone: 201-634-2880
- Centers for Disease Control
<http://www.cdc.gov/>; go to "Health Topics"
- New Jersey Department of Health and Senior Services
<http://www.state.nj.us/health/index.shtml>
- Rutgers University Mosquito Research and Control Unit
Phone: 732-932-9341

Frequently Asked Questions

about

West Nile Virus

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AND THE

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www.bergenhealth.org • healthdept@co.bergen.nj.us

Health and Safety Information Line:

201-225-7000

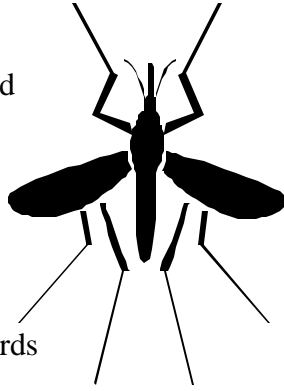
What is West Nile virus? Where did it come from?

West Nile virus is a mosquito-borne virus commonly found in Africa, West Asia and the Middle East. It was first identified in the United States in 1999.

How do people get West Nile virus?

People become infected with West Nile virus from the bite of an infected mosquito.

Mosquitoes become infected when they bite birds that are infected with the virus. Some birds, particularly crows, die from West Nile virus. Testing these birds has helped track the spread of the disease.



What are the symptoms of West Nile virus?

Not all humans infected with the West Nile virus become ill. Most infections are mild. When symptoms develop, it is usually within 5 to 15 days. These symptoms may include fever, body aches and sometimes a skin rash and swollen lymph glands. In rare cases, more severe infections may result in high fever, stiff neck, muscle weakness, tremors, disorientation and other signs of increasing illness. Any symptoms should be evaluated by your healthcare provider.

Who is at risk for getting West Nile virus?

People who live or work in areas where active cases have been identified are at risk of getting West Nile virus if bitten by an infected mosquito. However, people over the age of 50 and those with chronic diseases are at greater risk for more serious illness.

How is it treated?

There is no specific treatment for West Nile virus, nor is there a vaccine. Most people recover completely within two weeks. In more severe infections, intensive supportive therapy may be needed.

What can I do to reduce my risk of becoming infected with West Nile virus?

There are many things you can do to reduce your risk of becoming infected with West Nile virus:

- Reduce mosquito breeding on your property by eliminating standing water, disposing of empty cans, buckets, flowerpots, old tires, trash cans, etc.
- Clean clogged roof gutters.
- Empty plastic pools when not in use and drain swimming pool covers.
- Change the water in bird baths at least once or twice a week, cleaning them on a regular basis.
- Aerate ornamental pools or stock them with fish.
- Check and repair screens and screen doors.
- Stay indoors when mosquitoes are most active, which is usually at dawn and dusk.
- Wear long-sleeved shirts, long pants and socks when you are outdoors. Avoid areas with heavy underbrush and trees.
- Use insect repellents containing DEET or picaridin.
- Spray insect repellents containing permethrin on clothing to help prevent mosquitoes from biting through cloth.



Are insect repellents containing DEET and picaridin effective and safe to use?

DEET (N,N-diethyl-meta-toluamide) and picaridin are the active ingredients in widely used insect repellents. Extra care needs to be taken when DEET-containing repellents are applied on children. Picaridin generally is of low acute toxicity; the U.S. Environmental Protection Agency believes that the normal use of picaridin does not present a health concern to the general U.S. population. **Please refer to the back page of this leaflet for guidelines.**