

Job Name: _____ Job Site Location: _____

Date: _____ Start Time: _____ Finish Time: _____ Foreman/Supervisor: _____

Topic 317: West Nile Virus Prevention

Introduction: When dealing with West Nile Virus, prevention is your best bet. Fighting mosquito bites reduces your risk of getting this disease (along with other diseases that mosquitoes can carry). The chance that any person is going to become ill from a single mosquito bite remains low. The risk of severe illness and death is highest for people over 50 years old, although people of all ages can become ill. Take the steps below to reduce your risk:

Avoid Mosquito Bites:

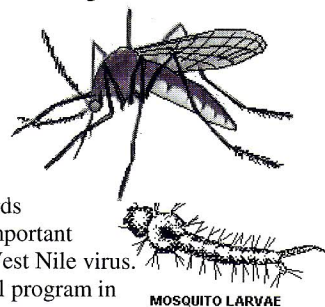
- **Apply insect repellent** containing DEET (look for N,N-diethyl-meta-toluamide) to exposed skin when you go outdoors. Even a short time being outdoors can be long enough to get a mosquito bite.
- **Clothing can help** reduce mosquito bites - When possible wear long-sleeves, long pants and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or DEET will give extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent containing DEET on the skin under your clothing.
- **Be aware of peak mosquito hours** - The hours from dusk to dawn are peak mosquito biting times for many species of mosquitoes. Take extra care to use repellent and protective clothing during evening and early morning -- or consider avoiding outdoor activities during these times.

Mosquito-Proof Your Home:

- **Drain standing water:** Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by disposing of items that hold water, and eliminating standing water.
- **Install or repair screens:** Some mosquitoes like to come indoors. Keep them outside by having properly fitting screens on both windows and doors. Offer to help neighbors whose screens might be in disrepair.

Help Your Community:

- **Report dead birds to local authorities** - Dead birds may be a sign that West Nile virus is circulating between birds and the mosquitoes in the area. By reporting dead birds to state and local health departments, you can play an important role in monitoring West Nile virus. It is important to remember that birds die from many other causes besides West Nile virus.
- **Mosquito control programs:** Check with local health authorities to see if there is an organized mosquito control program in your area. If no program exists, work with your local government officials to establish a program.
- **Clean Up:** Neighborhood clean up can be organized by civic or youth organizations to pick up containers from vacant lots and parks, and to encourage people to keep their yards free of standing water. It is important to control breeding sites throughout the neighborhood.



Using Repellents Safely: The most effective repellents contain N,N-diethyl-m-toluamide (DEET), which is an ingredient used to repel insects like mosquitoes and ticks. DEET has been tested against a variety of biting insects and has been shown to be very effective. A higher percentage of DEET in a repellent does not mean that your protection is better, just that it will last longer to protect you from mosquito bites. When using sunscreen along with repellent, apply sunscreen first, then the repellent containing DEET, to be sure that each product works as specified. Below are some general considerations to remember in order to use products containing DEET safely:

- **Always follow** the recommendations appearing on the product label.
- **Use enough repellent** to cover exposed skin or clothing. Heavy application is not necessary. Don't apply repellent to skin that is under clothing.
- **Do not apply** repellent to cuts, wounds, or irritated skin.
- **After returning indoors**, wash treated skin with soap and water.
- **Do not spray** aerosol or pump products in enclosed areas.
- **Do not apply** aerosol or pump products directly to your face. Spray your hands and then rub them carefully over the face, avoiding eyes and mouth.

Conclusion: The incubation period for West Nile Virus in humans is 3 – 14 days. Most people who are infected with the West Nile virus will not have any type of illness. It is estimated that 20% of the people who become infected will develop West Nile fever. Mild symptoms, include fever, headache, and body aches, occasionally with a skin rash on the trunk of the body, and swollen lymph glands. The symptoms of severe infection (West Nile encephalitis or meningitis) include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis. It is estimated that 1 in 150 persons infected with the West Nile virus will develop a more severe form of disease. If you have more questions about mosquito control; a good source for information about pesticides and repellents is the National Pesticide Information Center, which also operates a toll-free information line: 1-800-858-7378.



Work Site Review

Work-Site Hazards and Safety Suggestions: _____

Personnel Safety Violations: _____

Employee Signatures:

(My signature attests and verifies my understanding of and agreement to comply with, all company safety policies and regulations, and that I have not suffered, experienced, or sustained any recent job-related injury or illness.)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

These guidelines do not supercede local, state, or federal regulations and must not be construed as a substitute for, or legal interpretation of, any OSHA regulations.