

## West Nile Virus (WNV): Communication Resources for Town Health Officers

**Mosquitoes collected in your town have tested positive for West Nile virus (WNV).**

WNV spreads through the bite of an infected mosquito. WNV can be a very serious illness for some people. The best way to prevent getting sick is to avoid mosquito bites.

Help spread the word in your town about how to prevent mosquito bites. In this document, we provide print materials, videos, and a sample message to share with your constituents and community members in newspapers, social media, websites, and more. We also encourage you to share related posts from our [Facebook](#) and [Instagram](#) pages.

### Print Materials & Videos (Translations Available)

- **“Protect Yourself from Mosquito Bites” flyer:** [English](#) | [Arabic](#) | [Bosnian](#) | [Burmese](#) | [Dari](#) | [French](#) | [Kirundi](#) | [Nepali](#) | [Pashto](#) | [Somali](#) | [Spanish](#) | [Swahili](#) | [Vietnamese](#)
- **Mosquito bite prevention videos** are available in multiple languages from the [Vermont Language Justice Project](#)
- [“Don’t let them bug you” flyer](#)
- [Mosquito Bite Prevention handout](#) (CDC)

### Message Template

Mosquitoes collected in **city/town** have tested positive for West Nile virus (WNV). West Nile virus spreads through the bite of an infected mosquito. Most people infected with West Nile virus do not develop any symptoms. About 1 in 5 people who are infected develop a fever and other symptoms, such as a headache and body aches. About 1 out of 150 infected people develop a serious, sometimes fatal, illness.

The Health Department strongly urges people in **city/town** take precautions to prevent mosquito bites:

- Limit the amount of time you spend outdoors at dawn and dusk.
- Use EPA-registered insect repellent labeled as effective against mosquitoes. Apply repellent when you are going to be outdoors, especially at dawn or dusk.
- Treat clothing and gear with permethrin.
- Wear long-sleeved shirts and long pants when outdoors.
- Get rid of standing water (i.e., clogged roof gutters, bird baths). Mosquitoes breed in standing water that lasts more than four days.
- Cover baby carriages or outdoor playpens with mosquito netting.

- Fix any holes in your screens and make sure they are tightly attached to doors and windows.

Anyone with symptoms of West Nile virus should contact their health care provider as soon as they start to feel sick. Symptoms may include fever, headache, body aches, joint pains, vomiting, diarrhea, or rash. Symptoms typically occur four to 10 days after a bite from an infected mosquito. Most people with a febrile (fever) illness due recover completely, but fatigue and weakness can last for a long time. Symptoms of severe West Nile virus may include fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness, and paralysis.

Get more information at: [www.HealthVermont.gov/disease-control/mosquito-borne-diseases/west-nile-virus](http://www.HealthVermont.gov/disease-control/mosquito-borne-diseases/west-nile-virus)

## Images

Optional: Download an image below to include with the message.

- [Mosquito 1](#)
- [Mosquito 2](#)
- [Bug spray](#)

## Additional Resources

- [Mosquito Bite Prevention](#)
- [West Nile Virus](#)
- [Eastern Equine Encephalitis](#)
- [Mosquito-borne Diseases](#)
- [Weekly Testing Results](#)
- [Vermont Arbovirus Surveillance and Response Plan](#)
- [Vector Surveillance Program](#) (Agency of Agriculture, Food and Markets)
- [Mosquito Control Around Your Home](#) (CDC)