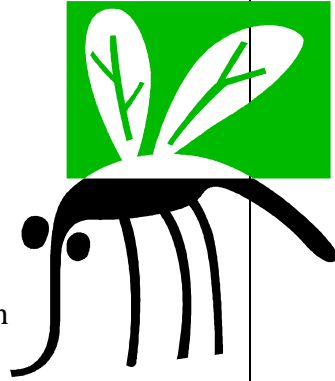


You can get the West Nile Virus from the bite of an infected mosquito!

Symptoms include:

- High Fever
- Headache
- Body aches
- Rash
- Swollen lymph glands



## **WEST NILE HEARD THE BUZZ**

### **Protect your self form WEST NILE VIRUS**

- Avoid being outside early morning and evening when mosquitoes are present
- Wear long-sleeved shirts and pants
- Use insect repellent with DEET on exposed skin. (follow instruction)
- Keep mosquitoes out. Screen windows
- Remove standing water, empty water from bird baths, flower pots, tires, pet dishes

If your symptoms are mild use over-the-counter medications and rest, as you would with the flu virus.

If however, you have concerns about your symptoms call your doctor

Karuk Tribal Health  
842-9200

Siskiyou Medical Group  
926-4598

Siskiyou Medical Group  
235-2205

For answers to most questions and current updates call your local Public Health Dept

**Siskiyou County Public Health  
841-2100**

DON'T TOUCH DEAD BIRDS!! TELL YOUR TEACHER OR PARENT!!  
REPORT DEAD BIRDS ONLINE AT: [WWW.WESTNILE.CA.GOV](http://WWW.WESTNILE.CA.GOV)  
OR CALL 1-877-968-2473

If you are in need of insurance to cover medical costs contact:

**Medi-Cal/Healthy Families  
1-800-880-5305**

