



MELROSE HEALTH DEPARTMENT PROTECT YOURSELF FROM WEST NILE VIRUS (WNV) ✨

WHAT IS WEST NILE VIRUS? ✨

- A disease spread by infected mosquitoes.
- Most cases occur from summer to early fall.
- Most people don't get sick, but it can cause serious illness in some.



PREVENTION IS THE BEST PROTECTION



USE INSECT REPELLENT

with EPA-approved ingredients (DEET, picaridin, oil of lemon eucalyptus).

AVOID DAWN & DUSK

outdoors — when mosquitoes are most active.

WEAR LONG SLEEVES & PANTS OUTDOORS



CHECK YOUR HOME

make sure windows and doors have screens.

ELIMINATE STANDING WATER:

- Empty buckets, pots, and barrels.
- Change pet and birdbath water weekly.
- Store wading pools on their sides.



SIGNS AND SYMPTOMS ✨

- Most people (80%): No symptoms.
- Some (20%): Fever, headache, body aches, nausea, rash.
- Few (1 in 150): Severe symptoms — high fever, stiff neck, confusion, paralysis.

If you have severe symptoms, seek medical attention immediately.



WHO'S AT HIGHER RISK? ✨



- People over 50.
- People with weakened immune systems.



YOUR TOWN IS TAKING ACTION

- Mosquito monitoring & testing.
- Community prevention and alerts during mosquito season.



SCAN FOR MASSACHUSETTS

ARBOVIRUS DASHBOARD