

S&EA

The Department of Safety and Environmental Affairs
(818) 954-2800

West Nile Virus Exposure: Information and Recommendations for Employees

How is West Nile virus spread?

The West Nile virus (WNV) is spread by mosquitoes to birds and other animals through a mosquito bite. The virus normally passes between mosquitoes and birds. However, people may also be infected if they are bitten by a WNV-infected mosquito.

Where Are Mosquitoes Most Commonly Found?

Mosquitoes develop in any standing body of water that persists for more than four days. Stagnant water, bushy or wooded work environments may also harbor mosquito populations.

When Are Mosquitoes Most Active?

Most mosquitoes are active from dusk to dawn with peak activity during the first two hours after sunset. Some species of mosquitoes are also active during the day.

What can I do to protect myself from WNV Exposure?

Use Insect Repellent

- Apply insect repellent to exposed skin.
- Carefully follow label directions for repellent use.
- Do not apply pump or aerosol products directly to the face. Avoid the eyes and mouth.
- Use repellents at the lowest effective concentrations; reapply regularly.
- The most effective insect repellents contain DEET.
- Wash skin treated with insect repellent with soap and water after returning indoors.

Wear Protective Clothing

- Wear long-sleeved shirts, long pants, and socks when working outdoors.
- Spray clothing with products containing DEET.
- Do not apply repellent to skin that is under clothing.
- Insect repellent containing DEET is available to employees from the WB Safety Department (954-2800).

What Should I Do If I Develop Symptoms Of WNV?

Any worker who develops mild symptoms such as fever, headache, muscle or joint pain or severe symptoms such as high fever, stiff neck, disorientation, tremors, muscle weakness, and paralysis should contact their health care provider immediately. Employees should also report symptoms consistent with WNV infection to WBSF First Aid. The period from the infected bite to developing symptoms is 3 to 14 days.

WBSF First Aid: (Main Lot) (818) 954-1201 (Ranch) (818) 977-5251