

West Nile Virus (WNV)

West Nile Virus (WNV) is a potentially serious illness caused by the bite of an infected mosquito. Mosquitoes become infected when they feed on infected birds. Infected mosquitoes can then spread WNV to humans and other animals when they bite.

What Can I Do to Prevent WNV?

The best way to prevent WNV is to prevent mosquito bites by following the guidelines below:



- Use insect repellents when outside.
- Avoid the dawn and dusk hours. Mosquitoes are most active at this time.
- Make sure you have good

screens on your windows.

Are there Symptoms of West Nile Virus?

Most infections produce no symptoms in people. If symptoms are present, they generally appear five to 15 days after the bite and could include the following: fever, headache, bodyaches, skin rash and swollen lymph glands.

Less than 1% of the cases show more severe infections marked by headache, high fever, neck stiffness, muscle weakness, stupor, disorientation, convulsions, paralysis, coma and rarely death.

Get rid of mosquito breeding sites by emptying water from:

- Flower pots
- Buckets and barrels
- Change the water in pet dishes and replace the water in bird baths weekly

- Drill holes in tire swings so water drains out

- Keep wading pools empty and on their sides when they are not being used

Residents can help control the spread of West Nile Virus within Ocean County by reporting **dead crow** or **blue jay** sightings to the Ocean County Health Department.

What to Do if You Find a Dead Bird in Your Yard:

Contact the Ocean County Health Department at (732) 341-9700 ext. 7502.

A field technician will arrive to examine the dead bird, determine if it is a crow or blue jay and if the bird is suitable for lab testing.

Not all birds can be tested due to decay conditions, but all locations are noted and marked. Uncollected birds are not considered a health hazard and can be disposed of as regular trash. Residents handling any dead animal or bird should wear gloves.

Blue jay (pictured to the right)



Crow (pictured to the right)



More Information

- Insect Repellent Use and Safety
- Pesticides Used in Mosquito Control

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Protecting Your Health After a Hurricane

Sanitation and Hygiene

It is critical to practice basic hygiene during any emergency. Always wash your hands with soap and water that has been boiled or disinfected:

- before preparing or eating food
- after using the toilet
- after handling articles contaminated with flood water or sewage

Flood water may contain fecal material from overflowing sewage systems and agricultural and industrial byproducts. Although skin contact with flood water does not, by itself, pose a serious health risk, there is some risk of disease from eating or drinking anything contaminated with flood water.

Food

Identify and throw away food that may not be safe to eat. Throw away the following:

- food that has come in contact with flood or storm water
- canned foods that are bulging, opened or damaged
- food that has an unusual odor, color or texture
- perishable foods (meat, poultry, fish, eggs and leftovers) that have been above 40°F for two hours or more.

Water

Local authorities will tell you if tap water is safe to drink or to use for cooking or bathing. If the water is not safe to use, follow instructions from local authorities, use bottled water or boil or disinfect water for cooking, cleaning or bathing.

Boiling directions: Keep water at a rolling boil for one minute to kill bacteria.

Disinfecting directions: Add 1/8 teaspoon of newly purchased, unscented liquid household bleach per gallon of water. Stir the water well and let it stand for 30 minutes before you use it.

* You can also use water purifying tablets instead of boiling water or using bleach*

(Click here for more hurricane health and safety information)

Know the Difference

Hurricane Watch

Indicates the possibility that you could experience hurricane conditions within 36 hours. This watch should trigger your family's disaster plan and protective measures should be initiated, especially those actions that require extra time such as securing a boat, leaving a barrier island etc.

Hurricane Warning

Indicates sustained winds of at least 74 mph are expected within 24 hours or less. Once this warning has been issued, your family should be in the process of completing protective actions and deciding the safest location to be during the storm.

Potassium Iodide (KI) Pills

What is Potassium Iodide (KI)?

KI stands for potassium iodide. Potassium iodide is an ingredient found in table salt. KI can provide protection for the thyroid gland from radioactive iodine and can reduce the risk of thyroid cancer after a severe nuclear emergency resulting in a release of radiation.

How Can I Get KI Pills for My Family?

If you live or work within a (10) mile radius of the Oyster Creek Nuclear Power plant and would like to receive KI pills, please call (732) 341-9700 ext. 7227 to schedule a time and date to pick up your KI pills.

(Click here for more information on KI pills)



Public Health
Prevent. Promote. Protect.