

Weekly Safety Tip – 6/14/10 – T/F Quiz On West Nile Virus

It is the season for the West Nile Virus. We have heard about this disease for several years. How much do you know? Take this short quiz, and test yourself. Which of these statements are true and which are false?

1. My worksite and my community have a mosquito control program so I don't need to use repellent or take as many precautions against the West Nile Virus.
2. Only people in poor health need to worry about mosquito bites and the West Nile Virus.
3. Children are most at risk from contracting the West Nile Virus.
4. Repellents with DEET are the most effective in repelling mosquitoes.
5. Mosquitoes can also be controlled through taking steps to control their numbers, and through the use of repellents.
6. The West Nile Virus is not the only disease carried by mosquitoes around the world.

You can find the answers to the first 5 statements on the Centers for Disease Control site about West Nile Virus Myths through this link:

<http://www.cdc.gov/ncidod/dvbid/westnile/wnvmyths.htm>.

The last sentence was from us at SCM. We often find that people in our classes forget that mosquitoes might transmit more than one disease. In addition to the West Nile Virus, the pests can also carry several forms of encephalitis (found everywhere), malaria (usually found in South America, Africa and India), yellow fever (found in tropical regions of Africa and South America), Rift Valley fever (current outbreak in Kenya), and dengue fever (mostly common to Puerto Rico, Latin America, and Southeast Asia). We recommend that before traveling to any of these locations, find out more information about the specifics of these diseases, through this CDC site:

http://www.cdc.gov/ncidod/diseases/list_mosquitoborne.htm.

What is important to remember is that preventing a mosquito borne disease is easier than treating one. Prevention includes keeping standing water to a minimum to prevent mosquito larvae from developing, and when outside make good use of repellents with DEET. The CDC in conjunction with the Rotary Clubs of Ft. Collins, Colorado has a series of video clips available on for your use, free of charge. You can find them here: http://www.cdc.gov/ncidod/dvbid/westnile/wnv_communityVideo.htm.