

# THEY'LL RUIN YOUR DAY THEY'LL RUIN YOUR LIFE



Mosquito bites are more than just an annoyance. Mosquitoes can transmit diseases that can make you and your family sick. These viruses and parasites can cause a range of effects on your body, from no obvious illness to life-threatening signs and symptoms. Consult your healthcare provider regarding any illness you experience.

## CHIKUNGUNYA

Caused by the chikungunya virus; usually occurs in tropical and subtropical areas.

**Signs and symptoms can include:** headache, fever, muscle pain, joint pain and swelling, rash.

## MALARIA

Caused by a parasite spread by infected mosquitoes; usually occurs in tropical and subtropical areas.

**Signs and symptoms can include:** high fever, shaking chills, muscle aches, and tiredness.

## WESTERN EQUINE ENCEPHALITIS

A viral illness transmitted to people and horses through the bite of an infected mosquito.

**Signs and symptoms can include:** headache, high fever, stiff neck, weakness and vomiting. Illness can progress to disorientation, irritability, seizures, or coma.

## ST. LOUIS ENCEPHALITIS

A viral illness spread from the bite of an infected mosquito.

**Signs and symptoms can include:** fever, headache, nausea, vomiting, and tiredness. Illness can progress to stiff neck, confusion, disorientation, dizziness, tremors, or coma.

## EASTERN EQUINE ENCEPHALITIS

A viral illness transmitted to people and horses through the bite of an infected mosquito. It is very rare in humans.

**Sign and symptoms can include:** fever, chills, joint and muscle pain. Illness can progress to headache, vomiting, diarrhea, disorientation, convulsions, or coma.

## WEST NILE

A viral illness transmitted primarily to people, horses, and birds through the bite of an infected mosquito. People older than 50 have the highest risk of severe disease.

**Signs and symptoms can include:** fever, headache, body aches, rash on the trunk of the body, swollen lymph glands. Illness can progress to stiff neck, disorientation, tremors, convulsions, muscle weakness, paralysis, or coma.

## DENGUE

Caused by one of four related dengue viruses; usually occurs in tropical and subtropical areas.

**Signs and symptoms can include:** high fever, severe headache, severe eye pain (behind eyes), joint pain, muscle and/or bone pain, rash, mild bleeding, low white blood cell count.

Illness can progress to persistent vomiting, severe abdominal pain, and difficulty breathing.

## ZIKA

A viral illness spread to humans primarily through the bite of certain types of mosquitoes. If infected while pregnant, a mother can pass the virus to her unborn child, which may cause certain birth defects and developmental delays.

**Signs and symptoms can include:** joint pain, conjunctivitis (red eyes), fever and rash (often itchy).

## DECLARE WAR ON MOSQUITOES

When you're home and when you travel, the best way to protect yourself and your family is to prevent mosquito breeding and bites.

Wear long sleeves and pants. Apply repellent with DEET. Remove standing water.

Questions or concerns? Talk to your doctor.

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