



## West Nile

**West Nile virus is an illness infected mosquitoes transmit to humans.**

Flooded areas, particularly in warm climates, provide ideal conditions for mosquitoes to breed in stagnant water. Bites from infected mosquitoes may result in illnesses that range from mild flu-like conditions (West Nile fever) to severe and sometimes life-threatening diseases requiring hospitalization (West Nile encephalitis or meningitis). If you develop symptoms of severe illness, seek immediate medical assistance.

The virus was introduced in the United States in 1999.

### Symptoms of West Nile Fever

- Headache, fever and body aches
- Swollen lymph nodes
- Skin rash

### Preventing Exposure

Steps to prevent mosquitoes from breeding, thus reducing the risk of getting West Nile virus:

- Eliminate mosquito breeding grounds, such as stagnant or standing water.
- Wear long-sleeved shirts, pants and socks to cover skin when working outdoors.
- Avoid use of perfumes and colognes when working outdoors.
- Use an insect repellent containing DEET or Picaridin on skin not covered by clothing.
- Choose a repellent that provides protection for the amount of time you will be exposed. The more DEET or Picaridin a repellent contains, the longer it can protect. Be sure to follow label instructions.
- Protect yourself and your co-workers by regularly using mosquito repellent, especially when you are working outside at night.
- Spray insect repellent on the outside of your clothing as mosquitoes can bite through thin clothing.
- Do not spray insect repellent on skin under clothing.
- Do not spray aerosol or pump insect repellent products in enclosed areas or directly on your eyes, mouth or face.
- Do not use repellents on cuts, wounds or irritated skin.

## Other Preventive Steps

- Eliminate other mosquito-breeding sites, such as poorly maintained swimming pools, cans, bottles, jars, buckets, old tires, drums and containers with water.
- Change water in flower vases, birdbaths, planters and animal watering pans at least twice a week.
- Repair leaky pipes and outside faucets. Move air conditioner drain hoses.

Sources: OSHA; NCBI

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

---

**Founded in 1925, CopperPoint Insurance Companies is a western-based super regional commercial insurance company and a leading provider of workers' compensation and commercial insurance solutions.** With an expanded line of insurance products and a growing 10 state footprint in the western United States, CopperPoint is in a strong position to meet the evolving needs of our brokers, agents and customers.

The company has \$4.8 billion in total assets and an enterprise surplus of \$1.4 billion. The CopperPoint Family of Insurance Companies include CopperPoint, Alaska National and PacificComp. All companies are rated A (Excellent) by AM Best.