

West Nile Virus

West Nile Virus (WNV) infection is an illness transmitted to humans primarily by mosquitoes. The pathogen that causes WNV infection is a virus that is known to infect birds and other animals as well as humans. Outdoor workers are at risk, particularly in warmer weather (when mosquitoes are more likely to be present). The following information below is designed to educate employers and workers on the virus and also offer ways to reduce the risks of infection.

What are the signs and symptoms of West Nile Virus?

In most cases, persons infected with WNV either show no symptoms or have very mild flu-like symptoms, called West Nile fever. These mild cases of West Nile fever normally last only a few days and are not believed to cause any long-term effects. The typical time from infection to the onset of signs and symptoms is 3 to 14 days. Signs and symptoms of the milder illness, West Nile fever, include tiredness, headache, fever, body aches, swollen lymph nodes, and/or a skin rash.

According to the Centers for Disease Control and Prevention (CDC), severe illness is reported to occur in about 1 of every 150 persons infected with WNV. Symptoms of severe disease may last several weeks and may have permanent neurological effects. The signs and symptoms of more severe infection (West Nile encephalitis or meningitis) include nausea/vomiting, headache, high fever, stiffness in the neck, disorientation (in very severe cases, coma), tremors and convulsions, and muscle weakness (in very severe cases, paralysis). Severe WNV infection is a medical emergency and persons who develop symptoms should seek immediate medical assistance.

How can workers become exposed?

Flooded areas, particularly in warm climates, provide the opportunity for mosquitoes to breed in stagnant water. Bites from infected mosquitoes may result in WNV.

What can employers do to reduce the risk to workers?

Employers should keep in mind that eliminating mosquito breeding grounds is a highly effective way of reducing mosquito populations and the number of mosquito bites. Mosquitoes lay eggs in standing water. Employers with workers who work outside, and in and around areas of stagnant water should:

- Be aware of working conditions, i.e., the presence of equipment or areas where water accumulates.
- Advise workers to inspect work areas and, where possible, get rid of sources of stagnant or standing water to remove a potential breeding ground of mosquitoes.
- Reduce or eliminate mosquito populations by disrupting mosquito breeding grounds (i.e., whenever possible, drain ditches, gutters, etc., to get rid of sources of stagnant or standing water).
- Advise workers to protect themselves from skin contact with dead birds. CDC recommends using gloves or an inverted plastic bag when handling dead birds.

What can workers do to protect themselves?

It may not always be possible to eliminate all potential mosquito breeding grounds. Knowing the key steps to take to minimize the risk of mosquito bites is important in reducing the risk of WNV infection. Workers who work outdoors should be aware that the use of personal protective equipment

and techniques is essential to preventing mosquito bites. Workers should:

- Cover as much of the skin as possible by wearing shirts with long sleeves, long pants and socks whenever possible. Use light weight clothing to minimize the potential for heat-induced illnesses.
- Use insect repellent containing an EPA-registered active ingredient (e.g., DEET, Picaridin) on exposed skin according to instructions on packaging. All of the EPA-registered active ingredients have demonstrated repellency however some provide more long-lasting protection than others.
- Avoid the use of perfumes and colognes when working outdoors; mosquitoes may be more attracted to individuals wearing perfumes or colognes.
- Choose a repellent that provides protection for the amount of time that you will be outdoors/in areas of concern. The more DEET a repellent contains, the longer time it can protect one from mosquito bites, with protection times ranging from 1 hour (4.75% DEET) to 5 hours (23.8% DEET).
- Spray insect repellent on the outside of one's clothing, as it is possible for mosquitoes to bite through thin clothing.

- Do NOT spray insect repellent on skin that is under clothing.
- Never apply insect repellents over open wounds or irritated skin.
- Do NOT spray aerosol or pump products in enclosed areas. Do NOT spray a pump or aerosol product directly on one's face. First spray on hands and carefully rub on face (do not allow insect repellent to contact one's eyes and mouth).
- After working in areas where mosquitoes are a concern, use soap and water to wash skin that has been treated with insect repellent.
- Be extra vigilant at dusk and dawn when mosquitoes are most active.

Additional Resources:

CDC West Nile Virus Home Page at <http://www.cdc.gov/ncidod/dvbid/westnile/>

CDC information on the use of insect repellents at http://www.cdc.gov/ncidod/dvbid/westnile/qa/insect_repellent.htm

OSHA at <http://www.osha.gov/dts/shib/shib082903b.html>

This is one in a series of informational fact sheets highlighting OSHA programs, policies or standards. It does not impose any new compliance requirements. For a comprehensive list of compliance requirements of OSHA standards or regulations, refer to Title 29 of the Code of Federal Regulations. This information will be made available to sensory impaired individuals upon request. The voice phone is (202) 693-1999; teletypewriter (TTY) number: (877) 889-5627.

For more complete information:



U.S. Department of Labor

www.osha.gov (800) 321-OSHA (6742)

Protect Yourself West Nile Virus

West Nile Virus (WNV) infection is an illness transmitted to humans primarily by mosquitoes. Flooded areas, particularly in warm climates, provide ideal conditions for mosquitoes to breed in stagnant water. Bites from infected mosquitoes may result in illnesses which 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 have symptoms of severe illness or have concerns about your symptoms, seek immediate medical assistance.

Signs & Symptoms of West Nile Fever (mild illness)

- Tiredness, headache, fever, body aches.
- Swollen lymph nodes, and/or a skin rash on the body.

Signs & Symptoms of West Nile Encephalitis or Meningitis (severe illness)

- Nausea and vomiting.
- Headache, high fever, stiff neck.
- Disorientation (in very severe cases, coma).
- Tremors, convulsions and muscle weakness (in very severe cases, paralysis).

Preventing Mosquito Exposure

- Reduce or eliminate mosquito breeding grounds (i.e., sources of standing water).
- Cover as much skin as possible by wearing light weight long-sleeved shirts, long pants and socks when possible.
- Avoid use of perfumes and colognes when working outdoors.
- Use insect repellent containing an EPA-registered active ingredient, such as DEET or Picaridin, on skin that is not covered by clothing.
- Choose a repellent that provides protection for the amount of time that you will be exposed. The more DEET or Picaridin a repellent contains, the longer it will protect you.
- Spray insect repellent on the outside of your clothing (mosquitoes can bite through thin clothing).
- Do NOT spray insect repellent on skin that is under clothing.
- Do NOT spray on skin that is irritated or cut/lacerated.
- Do NOT spray aerosol or pump products in enclosed areas or directly on your face. Do not allow insect repellent to contact your eyes or mouth. Do not use repellents on cuts, wounds or irritated skin.
- After working, use soap and water to wash skin and clothing that has been treated with insect repellent.
- Be extra vigilant at dusk and dawn when many types of mosquitoes are most active.

For more information:



U.S. Department of Labor

www.osha.gov (800) 321-OSHA (6742)