

July 2007

Courtesy of ISU Public Safety
and the ISU Safety Committee



West Nile Virus - Did you know?

West Nile Virus (WNV) is transmitted to people, birds and other animals by the bite of an infected mosquito. On rare occasions, this virus can cause serious illness in people of any age, but especially in people over the age of 50, or those with other underlying medical conditions.

What is West Nile Virus?

- West Nile Virus (WNV) is a virus transmitted by mosquitoes commonly found in Africa, West Asia, and the Middle East.
- WNV was first identified in Uganda in 1937.
- First documented in the U.S. in 1999.
- Following transmission by an infected mosquito, WNV can multiply in a person's blood system and sometimes crosses the blood-brain barrier.
- If WNV interferes with normal Central Nervous System functioning, it can lead to encephalitis (inflammation of the brain) or meningitis (inflammation of the meninges).

Consequences

- It is estimated that 20% of people infected with WNV will develop West Nile Fever.
- Less than 1% (about 1 out of 150) of those infected with West Nile Fever develop severe disease such as encephalitis or meningitis.
- There is no documented evidence that a pregnancy is at risk due to a mother's infection with WNV.

What Are Symptoms of West Nile?

Many people infected with West Nile Virus will not develop symptoms. However, for those who do, it will most likely be a mild infection characterized by:

- Fever
- Headache
- Body aches
- Skin rash
- Swollen lymph nodes

There are no known long-term effects due to mild illness.

Very few people will develop a severe infection known as West Nile meningitis and/or encephalitis (inflammation of the brain and/or meninges). It may be accompanied by the following symptoms:

- Headache
- High Fever
- Neck Stiffness
- Stupor
- Disorientation
- Coma
- Tremors
- Convulsions
- Paralysis
- Death



What Is The Incubation Period?

- West Nile Virus usually takes 3-14 days for symptoms to develop.
- Symptoms, if the disease is mild, will generally last from 3-6 days.
- Symptoms of severe illness can last up to several weeks and neurological effects can be permanent.

Prevention Measures

- Stay indoors at dawn, dusk, & early evening hours when mosquitoes are most common.
- Wear long-sleeved shirts and long pants whenever you are outdoors.
- Spray clothing with repellents containing DEET.
- Eliminate potential mosquito breeding grounds (such as standing stagnant water, old tires full of water, bird baths, feeding troughs, etc.).
- Fix window and door screens.

Note: As of June 29, 2007 there are no known cases of west nile virus in Idaho.

(Courtesy S.E. Idaho Health District & Idaho Dept. of Health & Welfare)

Fireworks Safety Tips



Fireworks and celebrations go together, especially during the Fourth of July. But fireworks can be dangerous, causing serious burn and eye injuries.

If fireworks are legal where you live and you decide to set them off on your own, be sure to follow these important safety tips:

- ◆ Never allow children to play with or ignite fireworks.
- ◆ Read and follow all warnings and instructions.
- ◆ Be sure other people are out of range before lighting fireworks.
- ◆ Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.
- ◆ Never try to relight fireworks that have not fully functioned. Keep a bucket of water close by in case of a malfunction or fire.

(Courtesy US Consumer Product Safety Commission)

Sun Safety

Summer means fun in the sun! But be safe — don't let a heat-related illness ruin your day.



Preventing Heat-Related Illness

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.
- **Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.
- **Avoid using salt tablets unless directed to do so by a physician.**
- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- **Stay indoors when possible.**
- **Take regular breaks** when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing signs of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

(Courtesy of the American Red Cross)

What Can I Do To Be Better Prepared?

Become familiar with the contents of the ISU Emergency Response Plan on the ISU Public Safety website (www.isu.edu/pubsafe) and bookmark it for easy reference. The ISU and local telephone directories also contain vital emergency information. Participate in campus evacuation drills. Know the Building Coordinators for your building. Know your building's floor plan. Know where the stairs and fire extinguishers are located. Know the locations of alternate exits from your area. If you work in an office, know exactly how many doors you will pass along your evacuation route before you reach the nearest exit door. In heavy smoke, exit signs may be invisible. Even in heavy smoke, you can count the number of doors you pass, so you will know when you reach the exit door. Be prepared for a 72-hour stay on campus in case of a serious emergency. Keep on hand such personal items as:

- Medications (must be properly safeguarded)
- First Aid Kit
- Flashlight and batteries
- Books, pack of cards, etc.
- Some food items such as nutrition bars
- Water in bottles or other containers
- Sweater, change of clothes, comfortable shoes



Take advantage of training programs such as:

- Automatic External Defibrillator (AED) training, and Cardiopulmonary Resuscitation (CPR) and First Aid training, offered by: The ISU Wellness Center (ext. 2117) and the American Red Cross (237-9445)
- R.A.D Self Defense Class for Women and Crime Prevention Presentations offered by ISU Public Safety (ext. 2515)
- Workplace violence presentations offered by Human Resources (ext. 2517) or Public Safety (ext. 2515)



“Neither a lofty degree of intelligence nor imagination nor both together go to the making of genius. Love, love, love, that is the soul of genius.”

Wolfgang Amadeus Mozart