

HOW CAN YOU PREVENT LA CROSSE ENCEPHALITIS?



Protect yourself from mosquito bites.

1. Apply a mosquito repellent to exposed skin when outdoors, especially during the daytime. The most effective repellents contain DEET (N, N-diethyl-m-toluamide). Follow all label directions carefully. Do not apply repellent to children's hands. Do not apply repellent to skin under clothing.
2. Children over 2 months of age may use products that contain a maximum of 30% DEET. 10 % DEET lasts for 2 hrs. 24% DEET lasts for 5 hrs. Protect infants less than 2 months of age by placing mosquito netting over infant carriers when outdoors.
3. Spray CLOTHING with repellents containing DEET since mosquitoes can bite through thin clothing.



Get rid of standing water around your home.

1. Eliminate mosquito breeding habitats by draining standing water in toys, flower pots, etc. Remove used tires and unclog gutters.
2. Flush bird baths every two to three days.
3. Clean and chlorinate swimming pools.
4. Install or repair damaged or torn window and door screens to prevent mosquitoes from entering the home.
5. Decorative ponds can be stocked with Gambusia minnows that will eat immature mosquitoes.



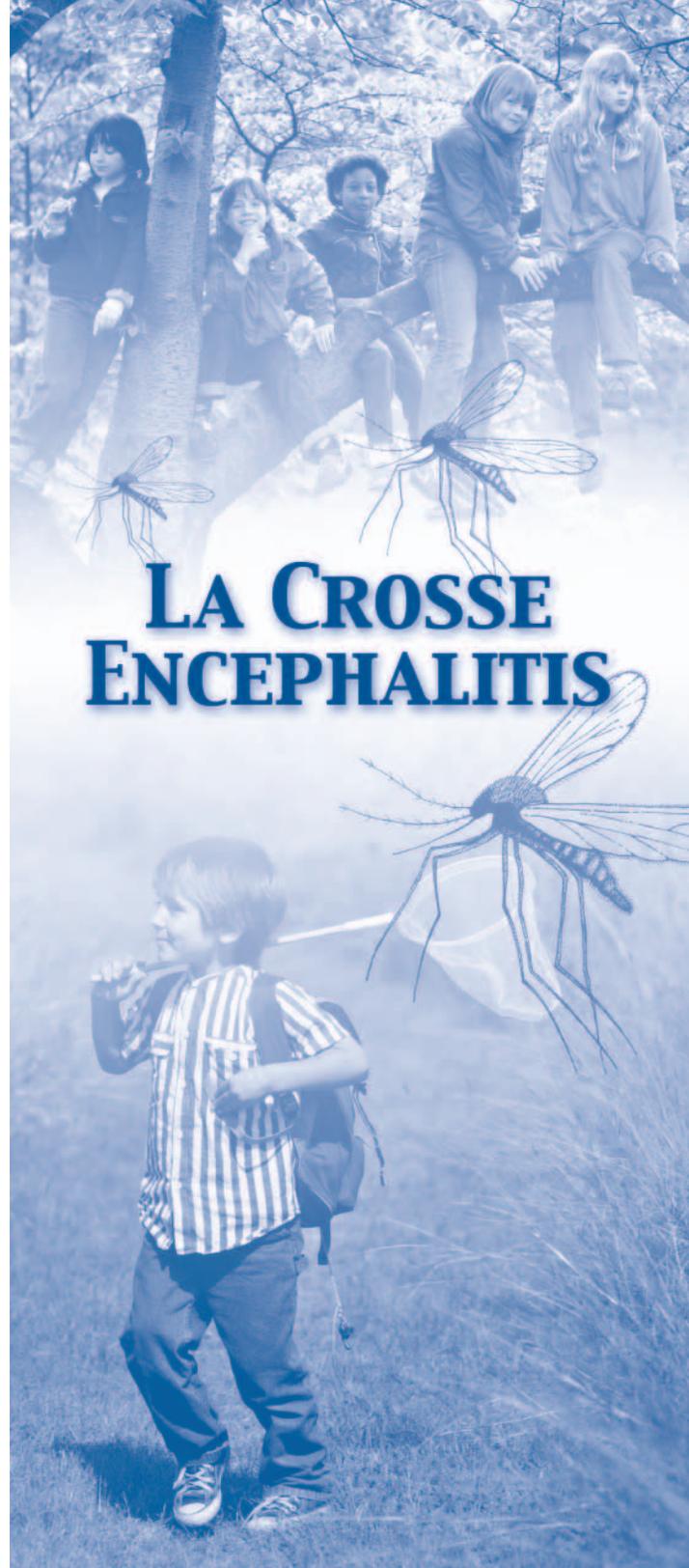
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LA CROSSE ENCEPHALITIS

WHAT IS LA CROSSE ENCEPHALITIS?

La Crosse (LAC) encephalitis is an inflammation of the brain caused by LAC virus.

HOW DO PEOPLE GET LA CROSSE ENCEPHALITIS?

La Crosse is transmitted by infected mosquitoes that can bite during the day. La Crosse virus can NOT be spread from person-to-person.

WHERE IS LA CROSSE ENCEPHALITIS FOUND?

La Crosse encephalitis is most common in the areas of the upper Midwestern United States and in the Appalachian region (West Virginia, North Carolina, Tennessee, Virginia).

WHO CAN GET LA CROSSE ENCEPHALITIS?

Anyone that is bitten by a LAC virus infected mosquito can get LAC encephalitis. Children 16 years of age and under are most susceptible to LAC disease.

WHAT ARE THE SYMPTOMS?

Mild illness may include headache, fever, nausea, vomiting and tiredness. Children with severe disease may progress to severe headache, nausea, stiff neck, muscle aches, drowsiness, disorientation, and seizures. Fatality is rare but does occur occasionally.

HOW IS LA CROSSE ENCEPHALITIS DIAGNOSED?

Blood samples must be collected at onset of illness and again in 2 - 4 weeks after illness has resolved to confirm La Crosse encephalitis.

Contact your physician for details.

HOW IS LA CROSSE ENCEPHALITIS TREATED?

There is no specific treatment for LAC infection. More severe illnesses are treated by supportive therapy which may include hospitalization, respiratory support, IV fluids, prevention of other infections and good medical care.

WHAT SHOULD I DO IF I THINK A FAMILY MEMBER HAS LA CROSSE?

Contact your family physician immediately.

