

Encephalitis Awareness

What is Encephalitis?

Encephalitis is a virus transmitted by a mosquito bite, when a person has encephalitis, his or her brain becomes inflamed – inflammation means swelling and irritation. Some cases of Encephalitis are mild and symptoms only last for a short time. However, it is possible to develop a severe case of encephalitis that can be serious and possibly even life threatening.

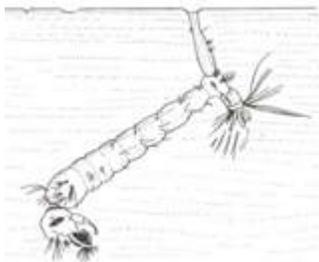
Symptoms

-  High Fever
-  Severe headaches
-  Sensitivity to light (called photophobia, which means light hurts your eyes)
-  Nausea and vomiting
-  Stiff neck
-  Confusion
-  Drowsiness, sleepiness
-  Irritability or poor temper control

If any symptoms of Encephalitis occur, get in-touch with your doctor immediately. Encephalitis can appear without warning.

Where does Encephalitis come from?

Encephalitis comes from infected mosquitoes which are called Tree Hole Mosquitoes. Tree Hole Mosquitoes lay their larva eggs in any object that holds water such as buckets, gutters, ponds, old tires, trash. Once the larva eggs are laid, it only takes 5 days for larva to hatch. It is very important to get rid of any standing water especially after a good rain. You can pick up trash and dispose the waste in proper trash receptacles to help your family and neighbors.



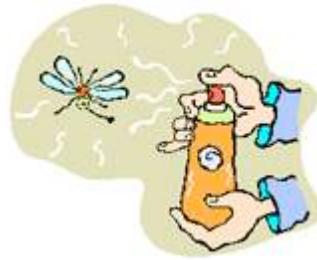
Baby Mosquito



Tree Hole Mosquito

How to protect yourself?

Protecting yourself from Tree Hole Mosquitoes is important, one good way is to apply bug-repellant that contains “DEET” to any open bare-skin. Apply bug-repellant according to the directions. Another way to protect yourself is by wearing dark clothing and clothing that covers entire upper body and lower body such as long sleeves and pants. Also, try to avoid unnecessary outdoor activities at dawn and dusk when mosquitoes are most likely to bite.



Quick Mosquito Facts:

-  Mosquito can fly 100 yards from their home. (100 yards is the size of a football field.)
-  Only female Tree Hole Mosquitoes bite humans.
-  Tree Hole Mosquitoes can hatch in 1 to 5 days.
-  The word “Mosquito” comes from the Spanish word meaning “Little Fly”
-  A Mosquito wings beat about 300 to 600 times per second.
-  Mosquitoes can fly about 1 to 1.5 miles per hour.
-  Most Mosquitoes do not fly very far from their larval habitat.
-  Eggs of floodwater Mosquitoes may remain dormant for several years, and hatch when they are covered with water.
-  It takes 5 to 15 days after the bite of an infected mosquito to develop symptoms of La Crosse Encephalitis.
-  During an average year about 75 cases of La Crosse Encephalitis is reported. Most cases occur in children under age 16 years.

If you need further information please contact:
Healthy Cherokee/Injury Prevention (828)-497-7460
Cherokee Indian Hospital (828) 497-9163
Centers for Disease Control 1-800-311-3435