

# One bite. One life changed forever. Protect yourself.



*“I had a rash and a slight fever. Seven days later I was paralyzed from the upper chest down.”*

**Nancy Foster**

## West Nile Virus Alert

Remember the four Ds:

- Use **DEET**-enhanced insect repellent (2% soy-based, organic products also available)
- **DRESS** in long sleeves and pants
- Avoid the outdoors from **DUSK** until **DAWN**
- **DRAIN** standing water outside your home

### **BITTEN:**

July 2003,  
at her home

### **EFFECT:**

The first month Nancy was ill with West Nile Virus was spent in the hospital, and Nancy can't remember any of it. But she does remember getting out – and having to learn to walk again. Encephalitis and meningitis contracted from the virus have left Nancy unable to work due to damage to her brain, as well as nerve damage to her back, legs, and feet.

West Nile Virus doesn't just affect the young and the elderly. No matter how healthy or active you are, you are at risk. And one out of every five who are infected will suffer a debilitating illness that can last a lifetime — or even cause death. Take action and protect yourself all summer.



**BOULDER COUNTY**  
**Public Health**

[www.bouldercountymosquito.net](http://www.bouldercountymosquito.net)

**Hotline 303.441.1460**