



West Nile Virus

Information and Prevention



What is West Nile Virus?

West Nile Virus (WNV) is a virus transmitted by the bite of infected Culex mosquitoes, which are most active from dusk to dawn.

Incubation period

From 2 to 14 days after a mosquito bite, but can extend to 20 days in some cases.

There is currently no cause for alarm

In most cases (~80%), the infection causes no symptoms. In about 20%, it may resemble a mild flu-like illness. Only in very rare cases (<1%), particularly in elderly or fragile individuals, can it cause neurological symptoms.

Who is most at risk?



Elderly people or those with weakened immune systems or underlying health conditions



Who spending time in rural areas or near stagnant water

Most common symptoms



Fever >38°C



Headache



Muscle aches



Nausea or vomiting



In rare cases: skin rash, confusion, paralysis

The infection is not transmissible from person to person.

How can you protect yourself?

There is no vaccine for humans. The only effective defense is prevention by avoiding mosquito bites.



Eliminate stagnant water (e.g., saucers, buckets, gutters)



Use mosquito nets where possible



Wear light-colored, full-coverage clothing, especially from dusk to dawn



Use skin repellents (sprays, wristbands, wipes)



If you experience sudden summer fever or symptoms, contact the local Tourist Medical Services immediately.

You can find more information here:

<https://www.federalberghigardaveneto.it/territorio/federalberghi-salute-sanita/>

Emergency number: 118

Blood donation

✓ No risk for donors – the transfusion system is safe.

✓ In Veneto, the NAT test is performed on every donation to detect the virus.

! Anyone returning from risk areas (even abroad) must wait 28 days before donating.

Where to find reliable information

- **Veneto Region Health Portal:** www.regione.veneto.it/web/sanita/arbovirosi
- **Italian National Institute of Health (ISS):** www.epicentro.iss.it/westnile
- **European Centre for Disease Prevention and Control (ECDC):** www.ecdc.europa.eu



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