

### What are arboviral infections?

Arboviral (short for arthropod-borne) infections are caused by any of a number of viruses transmitted by arthropods such as mosquitoes and ticks. These infections generally occur during warm weather months when mosquitoes are active. One of the most commonly known arboviral infections is the West Nile Virus.

### How are arboviral infections spread?

Most arboviral infections are spread by infected mosquitoes. Fortunately, only a few types of mosquitoes are capable of transmitting disease and only a small number of the mosquitoes actually carry the virus. Occasionally, migrating birds have the ability to carry viruses from one area of the country to another.

### What are the signs and symptoms of arboviral infections?

Symptoms of the various types of viral infections transmitted by mosquitoes are usually similar but differ in severity. Most infections do not result in any symptoms. Mild cases may occur with only a slight fever and/or headache. Severe infections are marked by a rapid onset, headache, high fever, disorientation, coma, tremors, convulsions, paralysis or death.

### How long after infection do symptoms appear?

Symptoms usually occur five to 15 days after exposure to infective mosquitoes.

### Who is most at risk?

Anyone can get an arboviral infection but young children, the elderly and people with weakened immune systems or certain medical conditions such as cancer, diabetes, hypertension and kidney disease are at greater risk for serious illness.

### How are arboviral infections diagnosed?

Diagnosis is based on a combination of clinical signs and symptoms and specialized laboratory tests.

### How are arboviral infections treated?

In most cases, there are no medications to treat or vaccines to prevent arboviral infections. Over-the-counter pain relievers can be used to reduce fever and relieve some symptoms.

People with milder symptoms typically recover on their own, although some symptoms may last for several weeks. In more severe cases, patients often need to be hospitalized to receive supportive treatment, such as intravenous fluids, pain medication, and nursing care.

### How can arboviral infections be prevented?

- Use insect repellents when outdoors. Repellents containing DEET, picaridin and some oil of lemon eucalyptus and para-menthane-diol products provide longer-lasting protection.

- Wear long sleeves and pants from dusk through dawn when many mosquitoes are most active.
- Install or repair screens on windows and doors. If you have it, use your air conditioning.
- Help reduce the number of mosquitoes around your home. Empty standing water from containers such as flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths.

### Where can I get more information?

- Your personal healthcare provider
- Utah Department of Health, Bureau of Epidemiology, 801-538-6191
- [Centers for Disease Control & Prevention](#)

