

Put the *Bite* on West Nile Virus

Health Protection Advice for Mosquito Season

What is West Nile Virus?

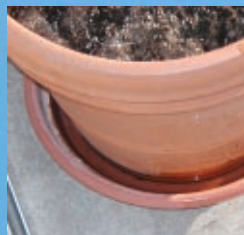
- WNV infects birds and is spread by mosquitoes
- Sometimes it infects other animals and humans
- It has spread rapidly across North America

What are the risks and symptoms?

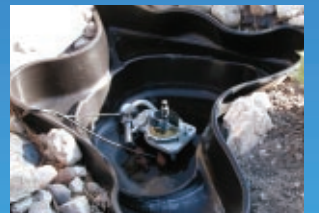
- About 80% of people infected have no symptoms
- It causes fever, headaches, muscle and joint pain in 20% of people infected
- Rarely, it can cause encephalitis (inflammation of the brain) or meningitis (inflammation of the lining around the brain and spinal cord)
- It is fatal to about 1 in 1000 cases, and can leave survivors permanently affected

What can I do about it?

- Mosquitoes need water to breed: get rid of standing water, no matter how little
- Think of tires, buckets, pool



- covers, tarps, sagging eaves, even saucers under plants
- Change bird baths twice weekly; add fish or aerators to ornamental ponds
- Fill in depressions in the ground and check flat roofs for standing water



- Remove dense, weedy vegetation; turn compost over frequently
- Put snug fitting screens, in good repair, on doors and windows
- Wear light-coloured, loose fitting clothes with long sleeves and pants when possible
- Wear insect repellent containing DEET (*follow label precautions; don't use on infants*)



Interior Health is working with local governments to monitor for West Nile Virus and help prevent its spread. To find out more, please visit our website at

www.interiorhealth.ca

or call 1-866-300-0520.

