

Fight the Bite! AGAINST WEST NILE VIRUS



WHAT IS WEST NILE VIRUS?

West Nile virus is a mosquito-borne virus that is spread to humans from the bite of an infected mosquito.

The virus cannot be transmitted person-to-person by touching, kissing or sharing cups and utensils with someone who has the virus.

Most people infected with West Nile virus do not get ill at all. Those who do may experience flu-like symptoms within two to fifteen days, including:

- Fever
- Muscle weakness
- Stiff neck
- Confusion
- Headaches
- Sudden sensitivity to light

Sometimes West Nile virus can cause severe illness including meningitis and encephalitis (inflammation of the brain).



HOW TO PROTECT YOURSELF

Whenever you spend time outdoors this summer, take the necessary precautions to protect yourself from mosquito bites.

BEFORE YOU GO OUTDOORS:

- Wear light-coloured, long-sleeved shirts and pants
- Use insect repellents containing DEET or icaridin
- Cover up at dusk and dawn when mosquitoes are most active
- Check to ensure your door and window screens are tight-fitting and in good repair



MOSQUITO-PROOF YOUR HOME

Clean up areas of standing water around your home weekly to prevent mosquitoes from breeding. Make sure to:

- Clean up pools / pool covers
- Turn over wading pools
- Empty out flower pots
- Clear eavestroughs, storm and roof gutters
- Clean bird baths
- Empty water in old tires

HOW YORK REGION PROTECTS YOU

York Region's West Nile Virus Program includes larviciding over **100,000** catch basins during the summer to control mosquito larvae. York Region uses mosquito traps to capture and test for West Nile virus infected mosquitoes to determine where they are in the community.



For more information on how you can protect yourself and your family from Lyme disease, visit york.ca/westnile or call Health Connection at 1-800-361-5653