



West Nile Virus – Fight the Bite



Summer's Here, and so is the West Nile Virus!

Summer's here and it is more important than ever to protect yourself from pesky mosquito bites. Not only are bites uncomfortable, but the mosquito that bites you may also give you West Nile virus. West Nile virus is mainly transmitted to people through the bite of an infected mosquito. The chances of getting West Nile virus from an infected mosquito are low. While anyone can become infected with West Nile virus, the risk of severe illness increases with age. Protect yourself and your family from mosquito bites!

The signs/symptoms that you may be infected with the virus

- ◆ Headaches
 - ◆ Body aches
 - ◆ Prolonged fever
 - ◆ Fatigue
 - ◆ Nausea/Vomiting
 - ◆ Stiff Neck
 - ◆ Confusion
 - ◆ Loss of coordination
 - ◆ Muscle weakness
 - ◆ Paralysis
- Any of these symptoms have the potential to develop into more serious medical conditions such as:
- Meningitis or Encephalitis**



If you are experiencing a rapid onset of one or more of these sign/symptoms, seek medical attention immediately.

IF YOU SEE STANDING WATER

DUMP IT!
(containers)

DRAIN IT!
(unused containers)

COVER IT!
(water collection containers)

TREAT IT!
(biological larvicide's)

SEMSA

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Positive cases in SK, MB Health Districts thus far in 2007



There were 108 people infected in the prairie provinces in 2006. That's a 75% increase over the last 3 years



Top ten mosquito love nests

1. Bird baths
2. Old tires
3. Unused containers
4. Flower pot saucers
5. Swimming pool covers
6. Wading pools
7. Clogged gutters and eaves troughs
8. Clogged drainage ditches
9. Small containers like cans or bottle tops
10. Unused children's toys or vehicles

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Fight the Bite– Protect Yourself

- ⇒ Ensure all doors and windows fit properly and are equipped with tight fitting, fine mesh screen.
- ⇒ Wear light colored, loose fitting, long sleeved shirts and pants.
- ⇒ Minimize outdoor activity during sunrise and sunset when mosquitoes are most active. .
- ⇒ Equip baby carriages and strollers with fine mesh netting to protect infants.
- ⇒ Use insect repellent on ankles, wrists, neck and ears, avoiding areas around the eyes, nose and mouth.
- ⇒ When going outdoors, use insect repellents that contain **DEET** or other approved ingredients.

Clean up and ruin a mosquito's love life

The best way to keep mosquitoes away is to clean up areas where they like to breed.

- * Drain standing water regularly (twice a week) from items such as; pool covers, saucers under flower pots, recycle bins, garbage cans, etc.
- * Remove old unused items from around your property (i.e., old tires) which have a tendency to collect water
- * Change the water in wading pools, bird baths, pet bowls and livestock watering tanks twice a week
- * Cover rain barrels with screens
- * Clean out eaves troughs regularly to prevent clogs that can trap water.
- * Purchase an aerator or ornamental pond. This will keep the surface water moving which will make the water inhospitable to mosquito larvae.

Destroy ALL the Mosquitoes “Love Nest” in Your Yard!

