

DON'T BE A TARGET



YOU CAN PROTECT YOURSELF FROM WEST NILE VIRUS.

In Manitoba, West Nile virus is transmitted to humans primarily by the *Culex tarsalis* mosquito, usually during July, August and early September.

The risk of developing illness from West Nile virus is generally low. This risk varies from year to year based on precipitation, temperature, mosquito population and other factors.



WHAT ARE THE SYMPTOMS?

Most people infected with the virus have no symptoms and do not get sick. Those who do get sick usually have a mild illness with symptoms such as fever, headache and body aches.

Less frequently, the virus can cause a more severe illness, such as encephalitis (an inflammation of the brain), which can be life threatening. Severe illness occurs more frequently among older adults, people with chronic health conditions or those with weakened immune systems, but has occurred in all age groups.

WHAT CAN I DO?

PROTECT YOURSELF AND YOUR FAMILY from mosquito bites:

- ⦿ Reduce the time you spend outside between dusk and dawn.
- ⦿ Apply an appropriate mosquito repellent.
- ⦿ Wear light-coloured, loose-fitting clothing with long sleeves and pant legs.
- ⦿ Make sure your door and window screens fit tightly and are free of holes.

REDUCE MOSQUITO HABITATS:

- ⦿ Regularly clean and empty eaves troughs, pool covers and other items that might collect water.
- ⦿ Clean and empty bird baths weekly.
- ⦿ Make sure openings in rain barrels are covered with mosquito screening or tightly sealed around the downspout.
- ⦿ Clear your yard of old tires or other debris where water collects.
- ⦿ Cut the grass around your home; trim hedges and trees around doorways and seating areas.

For more information, visit our website (www.gov.mb.ca) or call Health Links-Info Santé at 788-8200 in Winnipeg; toll-free elsewhere in Manitoba 1-888-315-9257.

