

West Nile virus



- *Is a virus carried by a mosquito that has bitten an infected bird*
- *Is spread by a bite from an infected mosquito*
- *Many infected people do not get sick or develop only mild flu*
- *However, some people do get seriously ill from WN virus*
- *Anyone who has symptoms like high fever, severe headache, and muscle weakness should call or visit a doctor or nurse right away*

Protect

Yourself and Your Family from Mosquito Bites



- Limit outdoor activities at sunrise and sunset
- Wear light-coloured clothing with long sleeves and pants
- Wear insect repellent that contains DEET (an active ingredient in insect repellent)
- Check screens and windows around the house, in tents and hunting shelters for holes or tears
- Share the facts with your family and your community about the risks of West Nile virus

Reduce

Mosquito Breeding Areas



- Reduce or remove standing water from old tires, wheelbarrows, irrigation ditches, etc.
- Turn small boats and small canoes upside down when not in use
- Empty childrens' pools and turn upside down after use

Avoid

Infected Animal Blood



- If you hunt, trap or fish – wear rubber gloves when handling your game/catch
- There is no evidence that people can get WN virus from eating infected birds or animals that are fully cooked

Report Dead Birds

- You can report any dead birds in your area by contacting your Community Health Centre or Nursing Station
- Always wear rubber gloves when touching dead or sick birds, as they may carry diseases



For MORE INFORMATION on **WEST NILE VIRUS**, contact your Community Health Centre or Nursing Station.

You can also visit Health Canada's West Nile Virus Web site at:

www.westnile.gc.ca
or call 1 800 816-7292