

Protect yourself from West Nile virus

West Nile virus: How to reduce your risk

Avoid mosquito bites your first line of defence

- Use mosquito repellent that contains DEET or other approved ingredients.
- Wear light-coloured, loose-fitting clothing.
- Wear long-sleeved shirts, pants and a hat if you are going camping, hunting, or into wooded or swampy areas.
- Make sure door and window screens are in good repair.

- When outdoors, place mosquito netting over strollers and playpens.
- Take extra precautions when mosquitoes are most active, in the early morning and evening.

Clean up sources of standing water

- Mosquitoes can breed in even a small amount of standing water.

- Get rid of standing water around your house. Empty water from old tires, flower pots, rain barrel lids, toys and other outdoor objects.
- Store larger outdoor items like canoes, wheelbarrows and wading pools upside down.
- Replace water in outdoor pet dishes and other containers twice a week.
- Encourage your neighbours to clean up too!

For more information on West Nile virus

Visit your local Nursing Station or Community Health Centre.

Call the West Nile virus information line at 1-800-816-7292 (toll free).

Visit www.westnilevirus.gc.ca

West Nile Virus is spread through the bite of an infected mosquito. Anyone can get sick from West Nile virus but the risk of serious illness increases with age. Symptoms can include: very bad headache, bad fever, sore neck, throwing up, muscle weakness and blurred vision.

Avoid mosquito bites your first line of defence

Clean up sources of standing water

www.westnilevirus.gc.ca

