

Fast Facts

- West Nile virus first appeared in Ontario in 2001
- Some individuals, including older adults and people with weaker immune systems, have a greater risk for serious health effects from West Nile virus
- Research suggests four out of five people bitten by an infected mosquito do not show any symptoms of West Nile virus
- Of those who do show symptoms, most will experience mild illness such as fever, headache, body ache, nausea, vomiting and rash on chest, stomach or back. Symptoms usually develop between two and 15 days after being bitten by an infected mosquito
- Only about one in 150 people infected with West Nile virus suffer serious symptoms such as high fever, severe headache, muscle weakness, stiff neck, confusion, tremors, numbness and sudden sensitivity to light
- Severe cases of illness due to West Nile virus can be fatal. If you experience the sudden onset of severe symptoms, seek immediate medical attention



**Tell mosquitoes to
buzz off!**



For more information on
preventing West Nile virus, contact:



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West Nile virus is in the Air



Fight the Bite of Mosquitoes





West Nile virus is part of summer in Ontario. Since there is no way to predict how serious West Nile virus will be in a given year, it is important to reduce your risk!

The best – and easiest – way to protect you and your family is to avoid mosquitoes that can spread West Nile virus. Here's how to fight the bite:



Cover Up

- ◆ Cover up outside, especially between dusk and dawn when mosquitoes are most active
- ◆ When weather permits, wear light-coloured clothing such as long-sleeved shirts, jackets, long pants, hats and socks

- ◆ Consider using federally registered insect repellent on exposed skin (such as products containing DEET). Always read the label directions before using:

Adults and children 12 years of age and older:

The concentration of DEET should be no greater than 30 per cent. One application of 30 per cent DEET should be effective for six hours against mosquitoes



Children ages two to 12 years: Use a DEET concentration up to 10 per cent, applied up to three times daily. One application of 10 per cent DEET should be effective for three hours against mosquitoes

Children aged six months to two years: Use a DEET concentration up to 10 per cent, applied no more than once per day

Children under six months of age:

Do not use personal insect repellents containing DEET. Instead, use a mosquito net when infants are outdoors in a crib, playpen or stroller

- ◆ Several DEET-free botanical repellents are federally registered, but provide a shorter time of effectiveness. If you are going outdoors for less than 30 minutes, these are safe, effective alternatives

Clean Up

- ◆ Clean up and remove any standing water around your property. Mosquitoes need stagnant water to lay their eggs, and even small amounts will do. At least once per week, empty water that collects on pool covers and in flower beds, wheelbarrows, recycling boxes, garbage cans, old tires and wading pools
- ◆ Fill in low depressions on your lawn
- ◆ Cover rain barrels with a fine screen mesh



- ◆ Change water in bird baths at least once a week
- ◆ Clean out dense shrubbery where mosquitoes can rest. Keep bushes and shrubs clear of overgrowth and debris.
- ◆ Turn over compost piles regularly
- ◆ Check that your home is 'bug tight' by ensuring windows and door screens fit tightly and do not have holes