



HEALTH  
DEPARTMENT

*Protect Yourself Against*  
**WEST NILE  
VIRUS**

## PROTECT YOURSELF

Mosquitoes are most active between dusk and dawn

### Wear:

- light-coloured clothing
- long-sleeved shirts and long pants
- socks and closed shoes

### Use:

- an insect repellent registered under the Canadian Pest Control Products Act
- Always follow the manufacturer's directions for use on the product label



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**Durham Health Connection Line**  
**905-668-2020 or**  
**1-800-841-2729**  
**[durham.ca/WestNile](http://durham.ca/WestNile)**

If you require this information in an accessible format, contact 1-800-841-2729



## SYMPTOMS

- Although most people infected with WNV will not have any symptoms, some people can experience a slight fever, headache, muscle aches, rash, and swollen glands
- Severe infections are rare, but they usually begin with a high fever, head and body aches, and stiff neck that can lead to weakness, confusion, coma, and rarely, death. These symptoms are related to infection of the brain or the tissue covering the brain
- Infants, the elderly, and people with weak immune systems, are more likely to develop serious WNV illness
- Symptoms of WNV begin 3-15 days after the bite of an infected mosquito
- There is no specific treatment or vaccine for WNV

## CLEAN UP

- Cut your grass and trim bushes and trees regularly to minimize areas where adult mosquitoes can shelter during the day
- Replace broken and missing window and door screens to prevent mosquitoes from entering your home

## REMOVE STANDING WATER

Mosquitoes lay their eggs in standing water

- Get rid of unused containers that might hold water (e.g. old tires, flower pots)
- Clean roof gutters to prevent clogging
- Maintain swimming pools, hot tubs, and ornamental ponds each year from May 1st to September 30th
- Routinely drain water from pool covers, boat covers, etc., after rain
- Screen rain barrels
- Dump and replace the water in wading pools and bird baths 2 times a week
- Store items upside down to prevent water accumulation (e.g. canoes, garbage cans)
- Repair leaking hoses and outside taps to prevent drips

