

Fight the bite!

Protect yourself against
West Nile virus



What is West Nile virus?

West Nile virus is a mosquito-borne virus that can be passed to humans through the bite of an infected mosquito.

What are the symptoms of West Nile virus?

Most people infected with West Nile virus have no symptoms or have flu-like symptoms such as fever, headache, body aches and fatigue. Sometimes West Nile virus can cause severe illness including meningitis and encephalitis (inflammation of the brain).

Symptoms usually develop between two and 15 days after being bitten by an infected mosquito.

Fight the bite!

What you can do...

Clean up

The best way to keep mosquitoes away is to clean up areas of standing water where mosquitoes like to breed.

Here are some tips:

- Clean up and empty containers where water collects (old tires, tin cans, flower pots, etc.)
- Change water in bird baths weekly
- Remove water that collects on pool covers
- Turn over items such as wading pools, wheelbarrows and small boats
- Clear eavestroughs and roof gutters
- Unclog drainage ditches
- Drill holes in the bottoms of containers so water can't collect
- Check that door and window screens are tight-fitting and in good repair

Cover up

Protect yourself and your family from mosquito bites.

- Wear light-coloured, long-sleeved shirts and pants
- Use insect repellent containing DEET when outdoors; apply according to manufacturer's instructions

For more information about West Nile virus or to report standing water, contact York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit york.ca/westnile

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