



One of the best ways to prevent West Nile Virus is to reduce standing water where mosquitos like to breed. **The top 10 breeding grounds around your home are:**

1. Bird baths
2. Old tires
3. Unused containers like barrels or rain barrels
4. Flower pot saucers
5. Swimming pool covers
6. Wading pools
7. Clogged gutters and eavestroughs
8. Clogged drainage ditches
9. Small containers like cans or bottle tops
10. Unused children's toys or vehicles

To report a dead bird, please contact the Canadian Cooperative Wildlife Health Centre at 1-866-673-4781

Sources:

Red Book, 2009.
28th Edition, American Academy of Pediatrics.
Control of Communicable Diseases Manual, 2008
19th Edition, David L. Heymann.
CDC Fact Sheet,
Health Canada Fact Sheets, West Nile Bulletin

For more information:

Niagara Region Public Health
2201 St. David's Rd., Campbell East
Thorold, ON

905-688-8248 ext. 7767
or 1-888-505-6074

Fort Erie: 905-871-6513
Niagara Falls: 905-356-1538
Welland: 905-735-5697

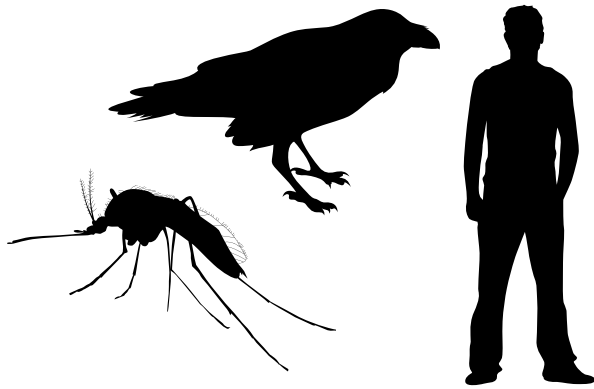
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West Nile Virus



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What is West Nile Virus

West Nile Virus is a virus that is spread to humans by the bite of an infected mosquito. A mosquito can become infected by biting an infected bird. The virus is not transmitted through casual contact from others (such as kissing or touching). A very small number of cases have been infected by blood transfusion, breast milk, organ transplant from an infected donor and during pregnancy from mother to baby.



Signs and symptoms

Around 80% of people infected with West Nile Virus will not show any symptoms and do not become ill. The 20% of people that do develop an illness will normally start to show symptoms 3 – 14 days after a bite from an infected mosquito. Most symptoms will be mild, including:

- Fever / headache
- Nausea / vomiting
- Body aches
- Possible skin rash (below neck and above waist)
- Swollen lymph glands



These symptoms may last several weeks. Some effects may be permanent.

About one in 150 infected people will have a severe infection, including:

- Headache / high fever
- Neck stiffness
- Disorientation
- Coma/unconsciousness
- Tremors/ convulsions
- Muscle weakness / paralysis



Detection and treatment

The virus can be confirmed in humans by testing the blood or fluid surrounding the brain and spinal cord. There is no specific treatment, medication, or vaccine for West Nile Virus. In the most severe cases, hospitalization is required.

Prevention:

The best ways to reduce the risk of infection are:

- Reduce standing water where mosquitoes like to breed
- Avoid infested areas
- Wear long sleeved shirts, long pants, hats, socks and shoes
- Repair damaged doors and window screens
- Use insect repellants containing Deet or Icaridin. Always follow the manufacturer's instructions.