

Clean Up Around the House and Yard

Take a look around your property and get rid of mosquito-friendly places.

Standing Water

- Clean up and empty containers of standing water: old tires, flower pots, wheelbarrows, barrels or tin cans, etc.
- Empty and clean birdbaths once a week.
- Cover rainwater barrels with mesh or screen.

Swimming or Wading Pools

- Remove water that collects on pool covers.
- Make sure the pool's pump is working properly.
- Turn over wading pools when not in use.

Windows

- Check window and door screens for holes; make sure they fit snugly into frames.

Eaves and Drains

- Don't let things pile up. Clear leaves and twigs from eavestroughs, storm and roof gutters throughout the summer.
- Make sure drainage ditches are not clogged.
- Check flat roofs frequently for standing water.

Yard and Lawn Maintenance

- Cut your lawn frequently.
- Fill in low depressions in lawn areas.
- Clear away lawn cuttings, raked leaves or other decaying debris such as apples or berries that fall from trees.
- Clean out dense grass and/or weeds from under shrubbery where mosquitoes like to rest.



Find Out More

For more information on the West Nile Virus, including virus surveillance results for your area and fact sheets, visit Saskatchewan Health at www.health.gov.sk.ca



Public Health Agency of Canada at www.westnilevirus.gc.ca

Contact the public health unit of your regional health authority.

Saskatchewan Health toll-free inquiry line
Monday to Friday, 8 am to 5 pm
1-800-667-7766



Saskatchewan
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PROTECT YOURSELF West Nile Virus



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Knowledge: Your Best Defence

Summer means more time outdoors and an increased risk of contracting mosquito-borne viruses such as West Nile Virus. Be aware of the potential health risk and take preventive steps to protect yourself and those around you.

What is West Nile Virus?

West Nile Virus (WNV) is a mosquito-borne virus that can cause disease in anyone. Most people who become infected experience no symptoms or have very mild illness (fever, headaches, body aches). However, the virus can result in serious neurological illness such as encephalitis (inflammation of the brain) which can have long-term complications and even cause death.

There is no cure for West Nile Virus.

How is the virus spread?

West Nile Virus is transmitted to people through bites from infected mosquitoes. There are many types of mosquitoes, most of which are only nuisance mosquitoes. The main carriers of WNV in Saskatchewan are *Culex tarsalis* mosquitoes, most abundant during July, August and early September.



Courtesy of Agriculture and Agri-Food Canada.

Who is at risk?

The risk of WNV varies from year to year, depending on the mosquito population. The risk is higher if you are active and outside on the farm, at the cottage, camping, hiking, gardening or golfing. The elderly and those with certain medical conditions are at higher risk of developing the severe form of WNV.

If you are exposed to infected mosquitoes, you are at risk. When you're outside, take preventative measures to reduce that risk.

What can I do?

Personal protection and reducing mosquito habitats will help reduce the risk of West Nile Virus to you and your family.

Cover Up

Most mosquitoes are active at dusk and dawn. If you need to be outside when mosquitoes are active, wear light-coloured, loose-fitting clothing with long sleeves, long pants and socks.

Apply Repellent

Anytime you are outdoors, you should wear repellent. Products with DEET are recommended. DEET is safe and doesn't require a heavy application; a light spray will do. For any repellent, be sure to follow the manufacturer's directions for use.

Adults, children 12 years and older
Choose products containing up to 30% DEET. One application of 30% DEET may protect you for up to six hours.

Children 2 to 12 years
Use the lowest concentration (10% or less) no more than three times per day.

Children 6 months to 2 years
Use the lowest concentration (10% or less) once per day.

Children under 6 months
DEET should not be used.