

## 10 Tips to Protect Yourself and Your Family from West Nile virus in and around your home

1. Use mosquito repellants that are registered in Canada, such as those containing DEET.
2. Cover Up. Wear long sleeves, long pants, socks and closed shoes. Try to wear light-coloured clothing - dark colours tend to attract mosquitoes.
3. Be aware of the times mosquitoes are most active; typically at dusk and dawn.
4. Keep mosquitoes outside. Make sure doors and windows have tight fitting screens.
5. Eliminate standing water. Regularly drain flower pots, recycling bins, garbage cans, pool covers, etc.
6. Check eaves and drains. Clear leaves and twigs from eavestroughs, storm and roof gutters.
7. Remove items that can collect water such as old tires, containers, unused children's toys, etc.
8. Change water in wading pools, birdbaths, pet bowls & livestock watering tanks at least twice a week.
9. Clean and chlorinate swimming pools, outdoor saunas and hot tubs. If not in use keep covered.
10. Remind or help neighbours to eliminate breeding sites on their properties.



## For More Information:

Fraser Health Authority

[www.fraserhealth.ca](http://www.fraserhealth.ca)

Report Dead Birds to:  
1-888-WNV-LINE (1-888-968-5463)

BC Centre for Disease Control

[www.bccdc.ca](http://www.bccdc.ca)

City of New Westminster

For more information on the City's West Nile virus program please call:

604-527-4592



*Through careful monitoring, testing & ongoing research, we are increasing our understanding of West Nile virus and helping to protect our community. Help us by reporting dead birds to the West Nile virus phone line at 1-888-968-5463.*

  
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## West Nile Virus Prevention Program



How to protect yourself and your family

## What is West Nile virus?

West Nile virus (WNV) is an emerging infectious disease, spread primarily by mosquitoes and birds. It is transmitted to humans by the bite of an infected mosquito or through blood transfusions, donated organs, breast milk and in utero.

The first detection of WNV in North America was in New York in 1999. Since then, the virus has steadily spread across the continent.



Birds are the primary WNV hosts because they develop sufficient levels of the virus which can be transmitted to mosquitoes that can then infect humans. Humans do not act as hosts for transmission. There have been no reported cases of person-to-person infection through casual contact.

## What is the risk of infection from WNV in BC?

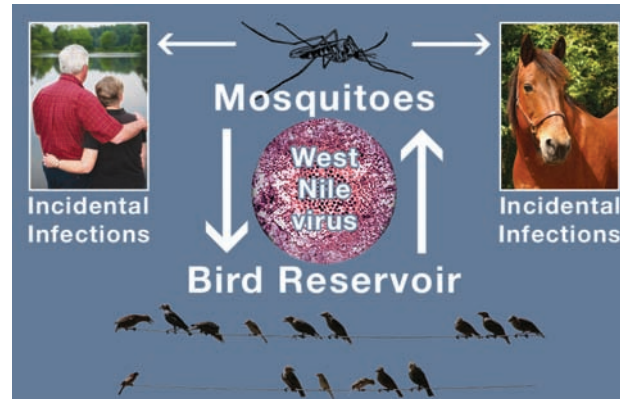
There are over 40 mosquito species, but only a few are capable of transmitting the virus. West Nile virus has yet to be detected in British Columbia; however, the virus is present in neighbouring Alberta and Washington State. In 2009, the first WNV-positive mosquito pool in Washington State appeared much earlier than in previous years.



## What are the symptoms & treatment of WNV?

The chance that you become severely ill from one mosquito bite is extremely small. Most infected individuals (80%) will show no symptoms. A few people (20%) experience milder systems, such as fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash. These symptoms are generally temporary.

About one in 150 people infected will develop severe symptoms including fever, headache, neck stiffness, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. Symptoms may last several weeks but neurological effects can be permanent.



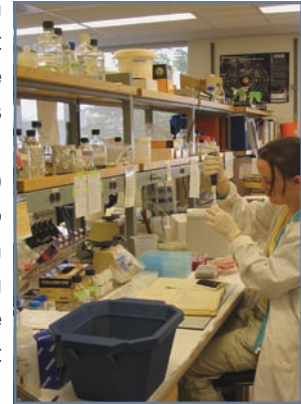
Although there is no medication or cure for WNV, many of its symptoms can be treated. There is a vaccine for horses, and horse owners are encouraged to contact their veterinarians for more information.

## What is the City of New Westminster doing?

The City is cooperating with the Fraser Health Authority and is using an integrated approach to address the threats posed by West Nile virus. Over the past few years, we have comprehensively mapped and monitored mosquito breeding habitat in surface waters and catch basins. The City has a Response Plan to guide appropriate and timely mosquito control measures in the event that WNV is detected in BC.

## Why is it important to monitor dead birds?

Many species of birds can become infected with West Nile virus during the cycle of transmission. Members of the corvid family (crows, ravens, jays and magpies) are particularly sensitive to the virus and have high death rates if infected. Monitoring of dead crows can provide an early warning sign that WNV is present in an area.



## Should I report dead birds that I find?

Yes. Please report dead crows by visiting the website <http://westnile.bccdc.org> or calling **1-888-WNV-LINE (1-888-968-5463)**. The Fraser Health Authority will be



using this data to assess the West Nile virus risk during the year.

After reporting, please contact New Westminster Animal Shelter for pickup and proper disposal of the bird (604-519-2008).

## How will I know if WNV has been found in BC?

The Fraser Health Authority will notify the public if any WNV tests come out positive for mosquitoes, crows or humans within Fraser Health boundaries.

