



## AVOID MOSQUITOES, PROTECT YOURSELF AND YOUR FAMILY

### Precautions

Normal precautions should be adopted to limit exposure to mosquito bites. When going outside at times when mosquitoes are likely to feed, remember the following:

1. Wear light colored clothing which **cover** the arms and legs
2. Stay **inside** at dusk, and dawn, between April and October.
3. During the day, if you are in an area where there are a lot of weeds, tall grasses, or bushes, use insect repellants with **Deet**:
  - 20 - 30% for adults
  - Less than 10% for kids
  - None for babies under six months

For young children and babies in a stroller, you can spray the stroller and **use a mosquito net**. We recommend spraying young children's clothes and use the spray on your hands to apply to exposed skin. Bathe children when they get in to **remove the insect repellent**.

### West Nile virus

West Nile Virus is a mosquito borne virus. It is spread to humans if they are bitten by a mosquito that has become infected by biting a bird carrying the disease. There is no human to human spread.

Most people who are infected with West Nile Virus have no symptoms or have a **mild illness** such **as fever, headache and body aches** before fully recovering. You can also develop a mild rash or **swollen lymph nodes**. At its **most serious** you can have symptoms of **encephalitis or meningitis** which include *severe headache, high fever, stiff neck, confusion, loss of consciousness, or muscle weakness*, and may be fatal.

Children are not at increased risk of contracting West Nile Virus.

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Most mosquitoes are not infected with the West Nile Virus, but even if you are bitten by an infected mosquito (risk less than 2%), the symptoms are usually very mild or none. Most people develop immunity to it without realizing that they have been exposed.

**CONTACT YOUR DOCTOR** if your child develops symptoms such as high fever, confusion, muscle weakness, severe headaches, stiff neck or sensitivity to light.

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