

# Protect yourself from mosquito bites

- Avoid areas with large numbers of mosquitoes
- Wear light-coloured, long-sleeved clothing, hat, socks and closed shoes
- Use only those personal insect repellents that are registered for use in Canada
- Consider staying indoors from dusk to dawn when mosquitoes are most active



## Report stagnant water in your community

Water that collects and stays for seven days or longer is considered stagnant. Stagnant water provides ideal breeding conditions for mosquitoes, especially from mid-May to the end of August.

Region of Peel or your local municipal bylaw staff will investigate stagnant water reports.

To report stagnant water, call the Region of Peel - Public Health at 905-799-7700 or use the online form at [peel-bugbite.ca](http://peel-bugbite.ca).

# What the Region of Peel is doing about West Nile Virus

The Region of Peel has a prevention plan to deal with WNV. Activities in the plan include public education, monitoring for WNV in people and the environment and implementing measures to reduce specific mosquito species that are known to transmit WNV.



Mosquito reduction includes larviciding with environmentally friendly products to reduce mosquito larvae living in stagnant water.

**For more information, call the  
Region of Peel – Public Health**

**905-799-7700**

**905-584-2216**

(toll-free for Caledon residents)

**[peel-bugbite.ca](http://peel-bugbite.ca)**

**PUT  
MOSQUITOES  
OUT OF  
TOUCH**



**WEST NILE VIRUS**



**What you  
should know**

 **Region of Peel**  
Working for you  
Public Health

# What is West Nile Virus?

West Nile Virus (WNV) is a potentially serious illness. The virus is usually transmitted to humans through the bite of an infected mosquito.

## Symptoms of WNV

In humans, most infections of WNV result in no or mild symptoms. People infected with WNV may develop symptoms such as:

- fatigue
- headache
- muscle aches
- skin rash

Less than one per cent of infected people experience the severe and sometimes fatal illness known as West Nile Neurological Syndrome. Signs and symptoms of the illness can include:

- high fever
- neck stiffness
- muscle weakness
- disorientation
- tremors
- convulsions
- coma or paralysis

The time between infection and the onset of symptoms is between three and 15 days. If you are feeling very sick or have concerns, seek medical attention.

Extreme swelling or infection at the site of a mosquito bite does not mean you are infected with WNV. You should check it with a doctor.

# Reduce mosquito breeding areas around your home



You can reduce the risk of WNV by eliminating stagnant water which is a breeding ground for mosquitoes.

1. Clear leaves and twigs from eavestroughs
2. Change water in birdbaths weekly
3. Turn over wading pools when not in use
4. Fill in low depressions in lawn areas
5. Empty or dispose of containers holding water such as old tires, wheelbarrows, barrels, pails, toys, and recycling bins
6. Remove water that collects on pool covers and make sure the pool's pump is circulating
7. Ensure flowerpot saucers, window boxes and planters drain properly
8. Check all window and door screens to ensure there are no tears or holes
9. Place a fine mesh screen over rain barrels