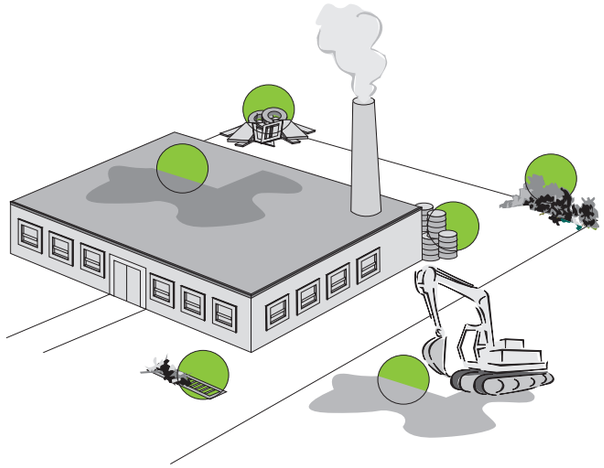
What You Can Do at Work

Reduce Mosquito Breeding in Commercial/Industrial Areas & Development Sites

Commercial and industrial property owners, as well as owners of sites under development also have a role to play in monitoring exterior areas for pooling water. Once these mosquito breeding areas are found, the following actions can be taken:

- Fill-in or level any depressions in the landscape resulting from tire ruts or excavation
- Store or cover abandoned equipment, tires, storage drums or refuse areas
- Remove water that collects in tarps, flat roofs, awnings or other surfaces
- Clear decaying grass, leaves or other organic matter from drains, gutters or refuse areas
- Pump-out accumulated sludge in catch basins or trench drains on private property
- Install fountains or aerators in bio-ponds, reflecting pools or other artificial water bodies.



For additional control measures on private lands please contact your local Health Authority. All actions taken must be in compliance with

More Information

BC Centre of Disease Control - For health impacts, dead birds and adult mosquito monitoring
www.bccdc.org

BC Nurseline - For questions about West Nile virus and your health
Toll-free: 1-866-215-4700
TTY: 1-866-TTY-4700

Individuals are encouraged to check with their local Health Authority. Contact information can be found in the blue pages of the telephone book or at the following:

Vancouver Coastal Health Authority: www.vch.ca
or call 604.675.3800

Fraser Health Authority: www.fraserhealth.ca
or call toll free: 1-888-WNV-LINE

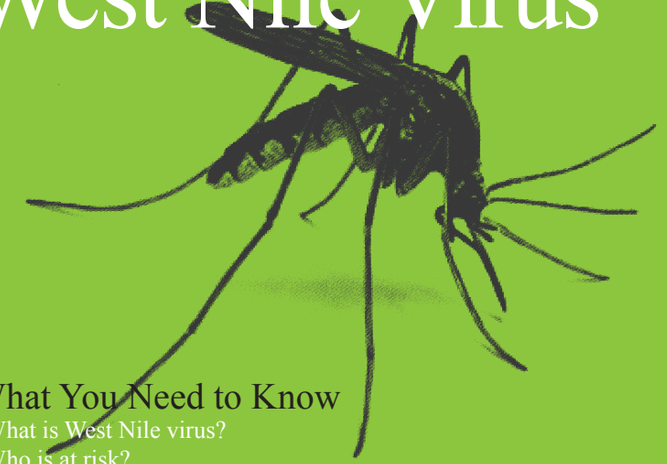
Interior Health Authority: www.interiorhealth.ca

Vancouver Island Health Authority: www.viha.ca/mho
or call toll free: 1-866-WNV-VIHA

Northern Health Authority: www.northernhealth.ca
or call: 250-565-2150

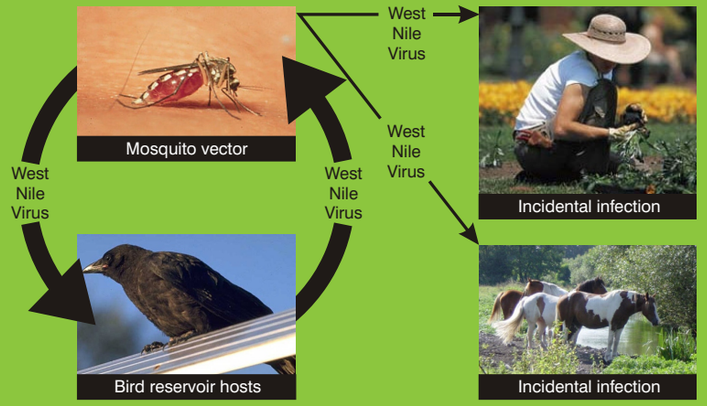
BC Centre for Disease Control
AN AGENCY OF THE PROVINCIAL HEALTH SERVICES AUTHORITY

Information on West Nile Virus



What You Need to Know

- What is West Nile virus?
- Who is at risk?
- What can I do to protect myself?



Members of the corvid family (e.g. crows, ravens, jays) are host to West Nile virus. Mosquitoes become infected when they feed on the blood of a bird that carries the virus. Infected mosquitoes become capable of spreading the virus to anuimals and people by biting them.

Read more to find out ways of protecting yourself and others from West Nile Virus at www.bccdc.org

Who is at Risk for West Nile virus?

- Everyone who is outside during the summer months gardening, golfing, walking, camping, etc. is at risk and should take precautions to avoid mosquito bites
- While anyone can be infected with WNv, the chances of having a severe illness are greater as you get older, even if you are healthy
- You may also be at greater risk if you have a weakened immune system

What is West Nile Virus?

Help Fight the Bite!

West Nile virus (WNv) is a mosquito borne illness that was first identified in the West Nile Valley region of Uganda in 1937. The first cases appeared in North America in 1999. The usual way for humans to get WNv is through the bite of an infected mosquito although the risk of contracting the virus is low. Of people who are infected with WNv, most will have no symptoms at all. About 20% will develop flu-like symptoms. In rare cases, (less than 1%) more severe complications can occur such as encephalitis (inflammation of the brain), meningitis (inflammation of the brain's lining) or paralysis.

What is BC doing to watch for and minimize the risk of WNv?

Working Together

The BC Centre for Disease Control (BCCDC) and regional Health Authorities are working with local governments, the BC Animal Health Centre, wildlife officials, entomologists, and other agencies to monitor for WNv in BC. This includes an active monitoring and testing program for mosquitoes, dead corvids (includes crows, ravens, magpies, nutcrackers and blue jays), and humans.

Talk about a growth spurt!

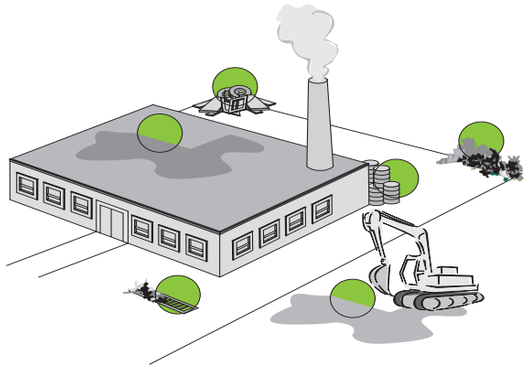
A mosquito can mature from an egg into an adult in only one week!

What You Can Do at Home

Reduce Mosquito Breeding in Residential Areas

Mosquitoes like to live in warm, nutrient-rich standing water - even as little as a teaspoon is enough. Surveying the outside of your home will help to reveal those areas that need to be monitored from Spring to Fall. Once you find them, you can do the following:

- Remove any type of standing water outdoors from empty containers such as flower pots, wheelbarrows, old tires, barrels, tin cans and even bottle tops, at least once a week
- Drill holes in the bottom of used containers so water can't collect
- Change water in bird baths every few days
- If you have a swimming pool, immediately remove water that collects on pool covers and make sure the pool's pump is circulating
- Turn over wading pools when not in use
- Screen your windows and doors.



Check leaves and drains: don't let things pile up

- Clear leaves and twigs from eaves troughs, storm and roof gutters throughout the summer
- Check flat roofs frequently for standing water
- Make sure drains and drainage ditches are not clogged.

Stop mosquitoes from entering your home

- Check windows and door screens for holes and make sure they fit snugly into the frames, so mosquitoes cannot get in.

What You Can Do to Protect Yourself and Your Family

Reduce Your Exposure to Mosquitoes

- Wear light coloured long sleeves and pants and a hat when out doors, especially at dawn and dusk when mosquitoes are present in their highest numbers
- Use mosquito repellant. Use insect repellants that are federally registered, such as those that contain DEET (N,N-dethyl-m-tolua mide) and p-menthane-3,8-diol (PMD), also known as lemon-eu calyptus oil. Use according to directions and don't forget to reap ply repellent if needed!

How long do adult mosquitoes live?

Males usually mate and die within a few weeks but females can survive several seasons with hibernation! over