

REDUCE MOSQUITO BREEDING IN  
COMMERCIAL / INDUSTRIAL AREAS  
AND DEVELOPMENT SITES

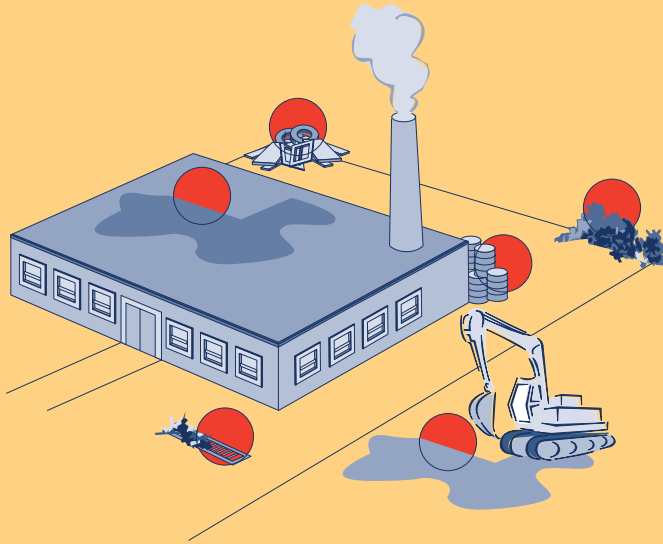


Image courtesy BCCDC

What You Can Do to Protect  
Yourself and Your Family

Wear light coloured long sleeves and pants when outdoors, especially around dusk and dawn when mosquitoes that can carry West Nile virus are most active. Use mosquito repellent containing DEET, PMD or lemon eucalyptus oil as directed on the bottle.



Contact Information

Dead Bird pickup hotline  
1-866-300-0520

Interior Health Authority  
West Nile Information  
1-866-300-0520  
[www.interiorhealth.ca](http://www.interiorhealth.ca)

BC Centre for Disease Control  
[www.bccdc.org](http://www.bccdc.org)

BC NurseLine – For Health questions  
1-866-215-4700

Regional District of North Okanagan  
West Nile Prevention Program  
(250) 550-3700

[info@rdno.ca](mailto:info@rdno.ca)  
[www.rdno.ca](http://www.rdno.ca)



Regional District of  
North Okanagan  
9848 Aberdeen Road  
Coldstream, BC V1B 2K9

# Fight the Bite!



## West Nile Virus Protection Information



## What is West Nile Virus?

**W**est Nile virus is spread to people by mosquitoes. The mosquitoes bite infected hosts and transfer the virus to the next animal or person they bite.

Birds are especially sensitive to the virus. Dead birds often act as an indicator that West Nile virus is present. If you find a newly dead crow, magpie or jay please contact the Interior Health Authority at:

**1-866-300-0520**

## Who is at risk?

Anyone can become infected. People over 50 years old or who have compromised immune systems are at highest risk of serious illness.



## What are the symptoms?

Around 80% of people show no symptoms when infected. About 20% of people develop a milder form of the illness. Less than 1% get seriously ill and approximately 0.1% of cases can be fatal.

Symptoms may include: headache, rash, high fever, sensitive eyes, fatigue, neck stiffness, gastrointestinal distress, stupor, disorientation, tremors, convulsions, muscle weakness, paralysis and coma.

Anyone suspected of having West Nile virus should see a doctor. For general health questions related to West Nile virus contact the BC NurseLine toll-free:

**1-866-215-4700**

## What You Can Do To Reduce Mosquitoes Around Your Home or Business

From Spring to Fall look for any standing water. Mosquitoes only need a teaspoon of stagnant water to breed in.

Remove standing water from items such as flower pots, wheelbarrows, old tires, barrels, tin cans, bird baths, swimming pool covers, tarps and wading pools every two days. Check that holes, small depressions, roofs, catch basins, eaves and drains are not collecting stagnant water.

Install screens on your windows and doors and make sure they are secure and have no holes.

## REDUCE MOSQUITO BREEDING IN RESIDENTIAL AREAS

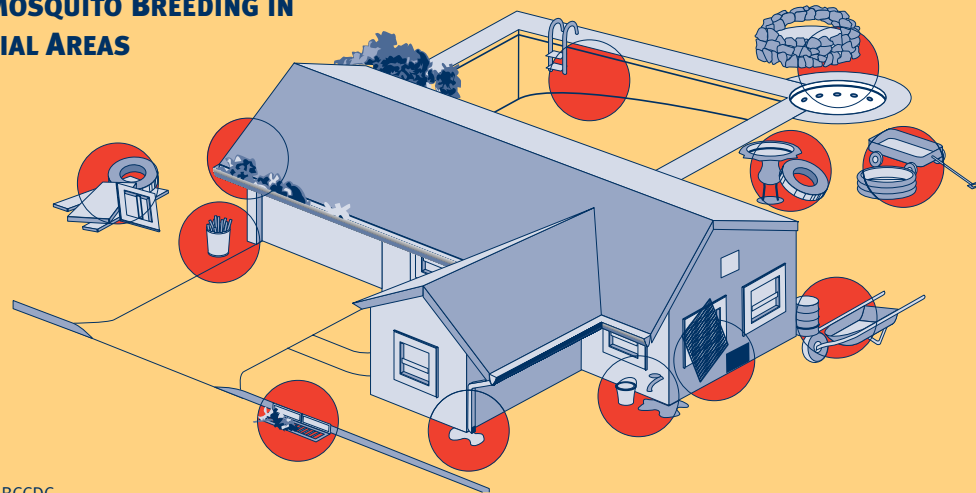


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