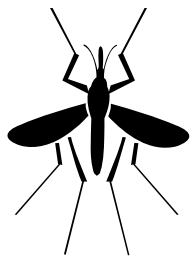


What are the symptoms of West Nile virus



Many infected people have no symptoms and do not get sick, or have only mild symptoms.

When infection does

cause illness, symptoms will usually appear within two to 15 days.

In mild cases, there may be flu-like symptoms, including fever, headache, and body aches. Some people may also develop a mild rash or swollen lymph glands.

Anyone who has a sudden onset of these symptoms should seek immediate medical attention.

When is the risk greatest?

The risk of becoming infected is greatest during mosquito season. This can start as early as mid-April, and last until the hard frost in late September or October.

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

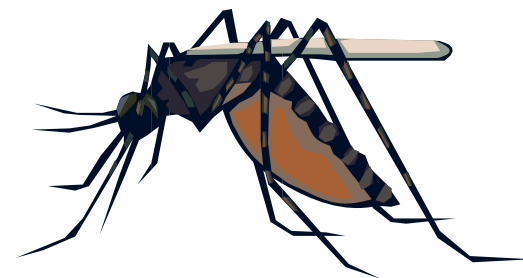
- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

West Nile Virus



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What is West Nile?

West Nile (WN) is a virus spread by mosquitoes that have fed on the blood of infected birds.

What types of birds carry West Nile virus?

The virus has been found in more than 150 bird species in North America. Some species may have no obvious signs of illness when infected. Others, such as crows, blue jays, magpies, and ravens, get sick more often and can die.

What types of mosquitoes spread West Nile virus?

There are 74 known species of mosquitoes in Canada. West Nile virus infection has been found in 10 of these, but it is more common in species that feed on birds. It is estimated that fewer than 1% of mosquitoes in any given area are infected with the virus.

How do people get infected?

A mosquito becomes infected when it feeds on the blood of a bird that is infected with the virus. About two weeks later, the mosquito becomes capable of passing the virus to people and animals by biting them. There is no evidence to suggest that people can get WN virus by touching or kissing someone who is infected. There is also no evidence to date that the virus can pass from infected animals (horses, pets, etc.) to people.



Who is more likely to get sick after being infected with West Nile virus?

Evidence shows that many people infected with West Nile virus have mild symptoms, or no symptoms at all. People with weaker immune systems, including people over the age of 40 and people with chronic diseases, are at greater risk for serious health effects.

What can people do to reduce their risk of West Nile virus infection?

- Wear protective clothing when outdoors, and use insect repellents that contain DEET.
- Make sure screens on doors and windows have no holes and fit tightly.
- Reduce mosquito populations around your home and property. Reduce standing water around your home.

For most Canadians, the risk of WN virus infection is low, and the risk of serious health effects from the virus is even lower.

