



# WEST NILE VIRUS IS IN TOWN!

West Nile virus (WNV) is present in Quebec and the risk of infection is higher in town.

The West Nile virus (WNV) is transmitted through the bite of an infected mosquito. Anyone can contract WNV. The risk of developing serious symptoms after being infected by the virus is higher in adults age 50 and older, those with a weakened immune system, and people suffering from a chronic condition like diabetes or heart disease.

**The best way to protect yourself against West Nile virus** is to avoid mosquito bites by:

- Using a mosquito repellent when outside
- Covering your whole body with light-coloured clothing when outdoor, especially during periods when mosquitoes are most active—in the early morning and early evening
- Installing proper mosquito nets on the doors and windows of your house, as well as on your tent and camping shelter
- Actively seeking to reduce the number of mosquitoes in your surroundings, for example by getting rid of any standing water on the cover of your pool and cleaning your gutters



## SYMPTOMS AND COMPLICATIONS

**In most cases**, people infected with West Nile virus (WNV) do not have symptoms.

If symptoms do appear, the incubation period is usually 2 to 14 days after being bitten by an infected mosquito. The most common symptoms are headache and fever, which may be accompanied by muscle pain, appearance of pimples or a skin rash.

**In some cases**, WNV can cause serious health problems like meningitis or encephalitis (inflammation of the brain), which may have longterm effects.



## WHEN TO SEEK MEDICAL HELP

Consult a doctor immediately if you experience the following:

- Severe and unusual headache
- High fever
- Stiff neck
- Confusion
- Muscle weakness

To learn more about the signs and symptoms of West Nile virus and how to protect yourself, visit Portail santé mieux-être at [www.sante.gouv.qc.ca](http://www.sante.gouv.qc.ca)

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