West Nile Virus Fact Sheet (WNV)

The Mosquito Cultex Tarsalis a marsh mosquito that carries WNV, primarily feeds on birds. Humans & mammals are not its choice food source. It is not a strong flyer. In Manitoba in 2002, 100 horses but no humans died from WNV.

• Infection comes from the bite from Cultex Tarsalis mosquito, blood transfusion, organ transplant, pregnant infected women to their unborn child, nursing mothers through their milk, lab workers with needle stick injuries from infected people. It is not transmitted from person to person or from handling sick birds or animals. (Do not however handle dead birds with bare hands. Use gloves & double bag bird. Wash hands with soap and water after removing the bird.)

• Symptoms begin 3 to 15 days after mosquito bite. Most symptoms are mild & many people have no symptoms at all. Symptoms may include flu-like fever, headaches, body aches; skin rash, & swollen lymph glands. Serious health effects include muscle weakness, fatigue & headache, confusion depression, problems with concentration or memory loss. Most people recover completely even after having serious health effects.

The Risk group:
• Outdoor workers
• People collecting dead birds
• Veterinarians
• Laboratory workers

The Prevention precautions:
• Stay indoors during peak mosquito biting times – dawn, dusk and early evening.
• Wear light-colored clothing, long sleeves, long pants, socks, closed shoes & spray clothing with insect repellent containing DEET
• Avoid scented products such as perfume cologne, hair spray, hair products & scented sun tan lotions which attract mosquitoes.
• Avoid areas that are wooden or swampy, have underbrush, tall grass, or vines.

Insect Repellent Products
• Do not use combination sun screen / insect repellant. You need to use amounts of repellant but large & frequently applied amounts of sun screen for sun protection.
• Apply sun screen 20 to 30 minutes before applying insect repellant.
• Wash hands after applying insect repellant.
• Do not apply to sunburned skin, or around eyes, mouth or nose.
• Apply in well vented areas away from food or drink.
• Remove it as soon as possible after use, with soap and water.

Based on a 2002 study, the following is information on the use of DEET:

<table>
<thead>
<tr>
<th>Product with 23.8% DEET</th>
<th>5 hours protection from Mosquito bites</th>
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<tbody>
<tr>
<td>Products with 20% DEET</td>
<td>4 hours protection from Mosquito bites</td>
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<tr>
<td>Product with 6.65% DEET</td>
<td>Almost 2 hours</td>
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<tr>
<td>Products with 4.75 Deet &amp; 2% soybean oil</td>
<td>1 ½ hours protection.</td>
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<td>----------------------------------------</td>
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<tr>
<td>Off – May be applied up to 2 X per day only</td>
<td>Up to 2 hours protection (not to be used on children under 3 years).</td>
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