WNV is a virus that is spread by certain types of mosquitoes, specifically those in the Culex genus. The virus has been found in birds, particularly corvids (like crows) and some smaller bird species, and some insects that feed on birds and mammals. In warm weather, mosquitoes that have been infected can spread the virus after they bite. Infection from WNV can range from mild symptoms to severe illness or death.

WNV can cause symptoms such as fever, headache, body aches, vomiting, and sometimes rash. Younger people are more likely to show symptoms, while older people may experience more severe symptoms.

Prevention:
- Use insect repellent with DEET (or other larvicides) regularly.
- Protect clothing with long sleeves and pants.
- Avoid outdoor activities during peak mosquito times.
- Remove standing water where mosquitoes can breed.

If you have symptoms of WNV, seek medical attention immediately.


**West Nile Virus, Symptoms and Prevention Information:**

- **Prevention Tips:**
  
  - Change water every 3 days.
  - Never leave standing water unattended.
  - Remove stagnant water from containers.
  - Cover water with a mesh lid.
  - Use mosquito nets.
  - Keep outdoor areas clean.
  - Install screens.
  - Use insect repellent.
  - If bitten, wash the bite area.

- **Symptoms:**
  
  - Headaches
  - Fever
  - Nausea
  - Fatigue
  - Weakness

- **Seek Care:**
  
  - Call Health Services if symptoms last more than 24 hours.

[OttawaPublicHealth.ca/WestNileVirus](OttawaPublicHealth.ca/WestNileVirus)

Punjabi - 08/2021