This page was exported from - Shelburne Free Press
Export date: Fri Oct 30 13:01:38 2026 / +0000 GMT

Minimize the risk of WNv

Itchiness and swelling are the main symptoms of mosquito bites. However, of more concern than the discomfort is the risk that a mosquito infects you with West Nile virus (WNv). If infected, you may experience flu-like symptoms such as fever, headache, body aches and fatigue. In some cases, the virus causes severe illness, including meningitis and encephalitis (serious and acute forms of inflammation of the brain and spinal cord).

Although the risk of getting West Nile virus is low, there were 250 confirmed cases in Ontario in 2012 which was four times more than the previous year. For the 11th year, Wellington-Dufferin-Guelph Public Health is undertaking a mosquito larvicide program to reduce mosquito populations suspected of carrying West Nile virus.

?To prevent larval mosquitoes from becoming adults, Public Health will be treating catch basins, roadside ditches and storm-water retention ponds throughout the summer,? said Shawn Zentner, Health Protection Manager. ?Residents are encouraged to eliminate standing water where mosquitoes lay their eggs (e.g., drain water from pool covers, garbage cans, recycling bins, saucers under flower pots and old tires).

Public Health advises you to minimize your risk of mosquito bites by:

? Limiting the time you spend outdoors, especially at dawn and dusk when mosquitoes are most active.

? Covering up with a long-sleeved shirt and long pants.

? Using an insect repellent with DEET. Health Canada recommends insect repellents containing 5 to 30 percent DEET for adults and children over 12. For younger children, speak with your pharmacist or healthcare provider about suitable insect repellents.