

## Protect yourself from Lyme Disease & West Nile Virus

### What is the West Nile Virus?



West Nile Virus (WNV) is a mosquito transmitted virus that can be transferred to humans from the bite of an infected mosquito.

### What are the symptoms?

Symptoms often appear 2 to 15 days after being bitten by an infected mosquito. Symptoms can range from mild to severe. Those over 50 years of age and immunocompromised have the highest risk of severe illness with WNV.

### Mild Symptoms include:

- Fever
- Headaches
- Mild rash
- Body aches

### Severe Symptoms include:

- Severe headache
- Stiff neck
- Vomiting
- High fever
- Muscle weakness
- Sensitivity to light
- Paralysis
- Confusion

If you experience sudden onset of any of the symptoms listed above, seek medical attention immediately. While there is no treatment or vaccine for WNV, symptoms can be treated.

### How can I protect myself and my family from West Nile Virus?

The best way to avoid WNV is not being bitten by a mosquito. Visit the Public Health Agency of Canada's website to find out how to protect yourself and your family against West Nile Virus.

Diagnosis is based on clinical presentation and serological test results. For further information about testing, please contact Public Health Ontario Laboratory Services.

### Ticks and Lyme Disease

#### What are ticks?

Ticks are a relative to the spider and are a crawling, non-flying insect that feed on blood. They vary in size and color. Female ticks will get larger and change color when feeding.

#### Do ticks spread disease?

Yes. Ticks can spread diseases including Lyme Disease, Rocky Mountain Spotted Fever, and Tularemia.

#### What is Lyme Disease and should I be concerned?

Lyme Disease is a bacterial infection spread through the bite of a blacklegged deer tick. South Western Ontario is an established area for Lyme Disease, therefore, when going outdoors you and your family members should protect yourselves against ticks.

#### What can I do to protect myself?

- Avoid walking in tall grass and stick to the centre of paths.
- Shower after being outside.
- Do a full body check after being outdoors.
- Cover up. Wear long sleeves and pants.
- Tuck your pants into your shoes and wear closed toed shoes.
- Use insect repellent containing at least 20% DEET on exposed skin.
- Keep grass in your yard short.
- Check pets after they come in from outdoors.

#### What do I do if I'm bitten by a tick?

Properly remove tick with a tick key or follow Public Health Agency of Canada's directions for removal with tweezers.

Gently wash the bite and surrounding area. Use a disinfectant on the skin. Do not dispose of the tick.

Keep it in a container or a small plastic bag that can be sealed. Place a piece of damp paper towel in the container or bag. Contact your Nurse Practitioner.

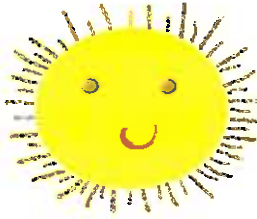
Contact the Health Unit as the tick will need to be sent away for identification.

#### Where can I bring the tick to be tested?

The Windsor-Essex County Health Unit accepts ticks that are found on human bodies (we do not accept ticks found on animals) between Monday – Friday, 8:30am-4:30pm. Please bring the tick in a closed sealed container, along with your health card.



## SUN SAFETY TIPS!



**“Use a sunscreen lotion or cream that has an SPF of 15 or more. SPF stands for sun protection factor.”**

We all like to enjoy the nice sunny weather but remember too much sun can be harmful, so be safe!

### Tips to Stay Cool and Stay Safe

- Plan to be outside in the early morning or late afternoon to avoid the most damaging sun rays between 11am and 4pm.
  - Drink plenty of water
  - Wear a hat and light-weight loose-fitting clothing with long pants and long sleeves if you are going to be in the sun during the peak hours
  - Wear sunglasses with UVA and UVB protection
  - Use a sunscreen lotion or cream that has an SPF of 15 or more. SPF stands
- for sun protection factor.
  - The ideal time to use sunscreen is 20 minutes before exposure and to reapply 20 minutes after being out in the sun for the best protection. Reapply after swimming or sweating.
  - If you do not have air conditioning utilize public places for relief in extreme temperatures. These places include malls and community centers.

### Symptoms of heat illness:

- Dizziness or fainting
- Nausea or vomiting
- Headache

- Rapid breathing and heartbeat
- Extreme thirst (dry mouth or sticky saliva) and
- Decreased urination with unusually dark yellow urine

*If you experience any of these symptoms during hot weather, **immediately** move to a cool place and drink liquids, water is best. Seek medical attention as needed. **Call 911** if you notice a person who has a high body temperature and is either unconscious, confused or has stopped sweating.*



## UPCOMING EVENTS

1. Wednesday, July 29th 11 am - 2 pm: Join us for our **FREE COMMUNITY BBQ** at the Gino & Liz Marcus Community Centre (side yard-1168 Drouillard Rd). We'd like to thank you for your support of the ECNPLC in the Ford City Community! Come on out for a hot dog, drink & snacks!
2. Monday, July 27th 11:30 am - 12:30 pm: **FREE YOGA CLASS** for lower back pain at the Gino & Liz Marcus Community Centre (1168 Drouillard Rd)
3. **WE ARE CLOSED WEDNESDAY, JULY 1ST FOR CANADA DAY!** Enjoy the day!

