



## Mosquito-proofing your house and yard! Reduce the places that attract mosquitoes!

*West Nile Virus* (WNV) is a mosquito borne virus that can cause human illness particularly in individuals 50 and above, ranging from flu-like symptoms to encephalitis (inflammation of the brain) or meningitis (inflammation of the lining of the brain and spinal cord). This virus is spread to humans by the bite of an infected mosquito. WNV is not transmitted from person to person. There is no specific treatment for this virus but the symptoms and complications of the disease can be treated. Most people who get the illness recover from it.

One of the most effective means of protecting one's self from this virus is to avoid being bitten by mosquitoes. Although this may seem impossible, there are steps that can be taken to reduce the risk of being bitten. The reduction of breeding areas around the home is considered to be one of the most effective measures, in controlling the mosquito that is known to transmit the virus. This can be achieved by eliminating the amount of still water around your home.



Along with this newsletter we have provided a "Mosquito-proofing your house and yard fact sheets" for each student to take home. Taking measures to mosquito proof your home and reduce the places that mosquitoes can lay their eggs is very effective in reducing the risk for exposure to this virus.

Reduce the mosquitoes – Reduce the risk of exposure to the virus.

*Submitted by Joan Mays, Public Health Inspector*



## How to keep children safe at the playground

Playgrounds offer children the chance to explore, test their skills and meet other children.

But playgrounds can also be dangerous! Most injuries occur when children fall off of the equipment. Each year more than 28,000 children are treated by hospitals across Canada for injuries related to playground equipment - injuries are predictable and preventable.

You can help keep our children safe!

### 1. Check your child before you go.

- take off anything that could strangle a child
- neck-warmer instead of scarf
- no skipping ropes tied to equipment
- take off bike helmets while on the equipment

### 2. Check the playground area

- Look at the ground surfacing- it should be deep soft surface not grass or hard dirt
- Check how deep the surface material is? Most material is at least 6 inches!
- Check equipment for general wear and tear.

### 3. Children need to be supervised

- Teach children the playground rules
- If a child can't reach the equipment, he or she is too small to be playing on it!
- Watch out for the risk takers- make sure the equipment is used in the proper way!



For more information please contact the 1-800 Line at the Health Unit 1-800-660-5853