Halton takes precautions against West Nile virus

by Julia Le

Metroland West Media

With a wet spring that's typically followed by a bad mosquito season, people are being encouraged to protect themselves.

Pesky bugs after all, have the potential of carrying West Nile virus (WNV), a potentially deadly illness that infected 23 Halton residents last year, according to Halton Region's WNV surveillance.

Although 80 per cent of people who become infected with WNV do not experience any illness, Halton Regional Medical Officer of

Health Dr. Bob Nosal said about 20 per cent will develop West Nile fever.

"Less than one percent will develop inflammation of the brain or its lining, or a type of paralysis," he continued. "Older adults and people with underlying illnesses should be particularly cautious as they are more likely to develop the illness."

Halton's health department has already begun preventative measures to reduce the risk of human infections of the virus that is transmitted to humans through the bite of an infected mosquito.

Those measures include monitoring and



Halton Region is gearing up for mosquito season

and is practicing West Nile Virus prevention. Here, Lauren Thompson checks the water for mosquito larva. | photo by Hannah Yoon - Oakville Beaver

treating mosquito-breeding sites like storm water, catch basins, and natural surface waters to reduce the mosquito population.

Dimitra Kasimos, manager of enteric and vector-borne diseases at Halton Region, said of the more than 200 sites across Halton that are monitored at least once a week, eight were treated with larvicide from May 26 to June 1.

She said although it's hard to predict whether it is going to be a bad season for WNV in June, the Region is staying on top of mosquito activity, and will be taking the appropriate measures to reduce the risks throughout the summer.

It is in constant communication with local municipalities to clear out roadside ditches that can sometimes accumulate water. The Region also fields calls from residents reporting standing water in public places.

"We do our own survey, but the more eyes out there (to catch mosquito breeding grounds), the more it helps us to see more areas we don't typically go to," said Kasimos, who has been working with the Region for

She noted people in urban areas tend to be more affected by infected mosquitoes that have contracted WNV by feeding on the blood of birds carrying the virus.

The mosquito species that most transmits WNV to humans in Halton is called Culex pipiens, also known as the rain-barrel or house mosquito, according to Halton Region.

Culex pipiens does not usually live in swamps, bogs or marshes but lives in close association with humans. It prefers to breed in all types of neglected, water-holding objects found within cities and suburbs.

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