

# Four test positive for West Nile

GRAEME FRISQUE  
gfrisque@metroland.com

The Halton Region Health Department has announced four residents in the region have tested positive for West Nile virus.

These are the first four human cases of the virus detected so far this year. According to the region's annual infectious diseases report there was only one confirmed case throughout the region last year.

"While 80 per cent of people infected with West Nile virus will have no symptoms, others will have West Nile fever consisting of fever, headache, muscle ache and a rash. If residents are concerned or experiencing symptoms, I would encourage them to visit their health care professional," said Dr. Daniela Kempkens, Acting Medical Officer of Health in a release.

While the region did not specify which areas the infected persons were from, mosquito test batches have tested positive for West Nile in all four of Halton's major municipalities so far this summer. Three dead crows found in Milton also tested positive for the virus at the end of June.

According to the region, the types of mosquitoes capable of transmitting the virus to human tend to live and breed in urban areas where standing water in places like bird baths, potted plants, old toys and tires are common.

"As part of its ongoing West Nile preven-

tion program, Halton Region staff continually monitor areas of standing water, eliminate potential mosquito breeding sites and larvicide when mosquito larvae is found," wrote the region in its release.

The larviciding program is restricted to public lands and spaces and the region is not allowed to larvicide on private property. Property owners are responsible for monitoring standing water and applying any pesticides on private property.

Resident can however report standing water in public places to the region by visiting [halton.ca/wnv](http://halton.ca/wnv) or by calling 311. A map of public areas which have already been treated is also available on the website.

In the meantime, the region is advising residents to take the following steps to protect themselves and their families from mosquito bites:

- **COVER UP.** Wear light-coloured, long-sleeved shirts and pants with tightly-woven fabric.

- **AVOID** being outdoors from early evening to morning when mosquitoes are most active and likely to bite, as well as at any time in shady, wooded areas.

- **USE** an approved insect repellent, such as one containing DEET or Icaridin.

- **REDUCE** mosquito breeding sites around your home by getting rid of all water-filled containers and objects, where possible. Change the water in bird baths at least once per week.

## We hope to save at least one set of ugly kitchen cabinets from a landfill ...with this ad

**SURFACE REFINISHING** offers homeowners a beautiful, durable and affordable alternative to traditional removal and replacement remodeling. The best news is you can **save up to 75%** over new. We can give you a high-end look without the high-end cost. Miracle Method can make wornout and dated surfaces look and feel like new again! There is no need to throw out perfectly good kitchen cabinet doors, countertops, tubs and shower tiles. Miracle Method can restore these surfaces and change the colour too! Are you moving soon and don't want to spend a fortune to update your kitchen or bathroom before you list? According to HGTV, kitchen and bath remodels, **can return 100+% of the investment** when trying to sell a home. For many of our customers, Miracle Method's surface refinishing is the right choice in today's economy. Miracle Method is the largest surface refinishing company in North America for both residential and commercial work. "We are here to help and estimates are always free!"

**CABINETS • COUNTERTOPS • TILES  
TUBS • EASY STEPS • AND MORE!**

**COMMERCIAL AND RESIDENTIAL WORK • MOST JOBS TAKE ONLY 2 DAYS!**

**Miracle Method**  
SURFACE REFINISHING

Each Miracle Method franchise independently owned and operated

VISIT OUR SHOWROOM  
247 Armstrong Avenue  
Unit 10 Georgetown  
Monday-Friday, 8:30 to 4:30.  
Evenings and weekends by appointment.  
Call for a free estimate: 905-494-1915



**2016  
READERS'  
CHOICE  
AWARDS**



See our work at [MiracleMethod.com/brampton](http://MiracleMethod.com/brampton)

## Carolyn Dew

Acupuncture & Traditional Chinese Medicine  
@ HealthSpan Wellness  
905 873-8729 • [www.healthspan.ca](http://www.healthspan.ca)  
22 Guelph St., Georgetown (at Mill Street)



HealthSpan  
WELLNESS  
Serving Halton Hills Since 2008  
BPH, HE, RAC, RTCMP

**Q:** How can I stay healthy this Fall?

**A:** According to Chinese Medicine, the autumn season is linked with the Metal element, the Lung organ system and the emotion of Grief. Here are some tips to encourage your health this Fall:

Make a **list of priorities** for you and your family, as fall heightens our innate ability to get stuff done.

**Wear a scarf** in order to protect the neck at this time of year. As the weather turns cold and the wind picks up, the Lung organ is extra vulnerable to viruses and pathogens.

**Stay hydrated** as dryness is common in fall including dry skin, rashes, and constipation. Drink lots of water and keep your skin moisturized and protected.

The emotion associated with fall is **grief**. It's a good time of year to reflect on unresolved sadness and grief, and try to let it go.

**Eat warm, cooked food.** Trade the salads in for oven-roasted veggies over brown rice. When cooking, add onions, ginger, garlic or mustard—these pungent foods are known to benefit the Lung organ.

**Get Acupuncture** if you are susceptible to colds, flus, Lung conditions, or depression at this time of year.

Wishing you a  
happy and healthy Autumn.

## de-stress SUMMIT

CONNECT  
HEAL  
STRENGTHEN  
INSPIRE



Better  
Together

How do you solve real-life challenges?  
By talking to real-life people!

Let's get together... share stories, food and drink, and gain valuable tips and tools to live a happy and strong life.

Our truly integrative, professional panel includes; **doctors, pharmacist, naturopath, dietician, optometrist, occupational therapist/mindfulness practitioner, massage therapist, nurse, fitness professional, counsellor.**

Feed your mind with;

- diverse panelist viewpoints on tips/strategies.
- innovative products to combat stress.
- hands on stations to touch, feel, & experience.
- effective tools to improve energy & sleep.
- leading-edge testing to help facilitate changes in your health.
- natural solutions to improve your mood.



WOW New Media Inc. & Dr. Teske and Associates are linking arms to share tools that will empower patients to be healthy.

Join Us!

Tuesday, September 26<sup>th</sup>  
from 7-10pm  
The Club at North Halton  
363 Maple Ave W, Georgetown ON

PRIZES  
RAFFLES  
GIVE-AWAYS

Eyes Focused on You  
Dr. Caroline Teske & Associates

WOW  
NEW MEDIA

Today is your day! Register now at  
[eventbrite.ca/myevent?eid=37327658030](http://eventbrite.ca/myevent?eid=37327658030)