

# Before a mosquito bites you...



## PROTECT YOURSELF!

Mosquitoes can transmit certain infections when they bite us. In Québec, the main infections that can be transmitted to humans are the West Nile virus (WNV) and the California serogroup viruses (CSV).

Although the infected persons show no symptoms in most cases, when symptoms are present, the most frequent are headaches and fever. In rare cases, neurological symptoms may occur, such as brain inflammation (encephalitis).

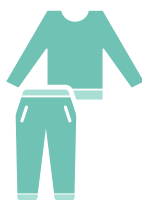
Anyone can contract WNV or CSV. People who work or spend a lot of time outdoors, and are more exposed to mosquitoes, are most at risk of getting infected.

**Avoiding mosquito bites is the best way to prevent these infections.**

## Protective measures

Adopt simple personal protective measures to reduce your risks of being bitten.

- Wear long, light-coloured clothing, especially during periods when mosquitoes are active.
- Install screens in good condition on the doors and windows of your home, and on your tent and camping shelter.
- Cover playpens and strollers with mosquito nets when outside.
- Use mosquito repellent during your outdoor activities. It is recommended to use a mosquito repellent based on DEET, icaridin, lemon eucalyptus or soybean oil.



ry to reduce the number of mosquitoes in your environment, particularly by eliminating stagnant water around your residence.

You must also think about protection against mosquito bites when travelling, especially in tropical countries. In these cases, mosquitoes can transmit diseases such as malaria, Zika virus, dengue fever, Chikungunya virus and yellow fever virus.

**If you have symptoms after a mosquito bite, call Info-Santé 811.**

For more information, go to:

**Québec.ca/vno**

