Aurora resident tests positive for West Nile Virus

A York Region resident is the first human case of West Nile Virus in 2020, according to the Region of York.

The individual has recovered from the illness, according to the Region of York in a statement released Friday.

?The risk of exposure to West Nile virus can be reduced by taking a few simple steps,? said Dr. Karim Kurji, York Region's Medical Officer of Health. ?Remember to use insect repellent containing DEET or icaridin, wear protective clothing when outdoors and remove standing water around your home in places such as flower pots, bird baths and containers.?

York Region encourages residents to follow these simple tips to reduce their chance of being bitten by mosquitoes:

> - Limit outdoor activities in the early morning and early evening, when mosquitoes are most active- Cover exposed skin by wearing long sleeves, pants and socks- Use insect repellent containing DEET or icaridin when outdoors- Clean or remove standing water sources, including bird baths, empty containers, outdoor toys and flower pots

Mosquito activity varies from year to year. It is important to know not all mosquitoes are West Nile virus carriers.

York Region's annual West Nile virus control plan includes:

Mosquito control ? Mosquito populations are reduced through a process called larviciding, using provincially and federally approved pesticides

Mosquito surveillance ? mosquito traps are set up across the Region, capturing and testing mosquitoes for the virus Those who develop West Nile virus illness may experience symptoms which include fever, muscle weakness, stiff neck, confusion, severe headaches and a sudden sensitivity to light. In rare cases, the virus can cause serious neurological illness including encephalitis, or inflammation of the brain. If you experience any of these symptoms, residents are advised to seek medical attention.For more information on West Nile virus, visit york.ca/westnile or contact York Region Health Connection at 1-800-361-5653, TTY 1-866-512-6228.