



MOSQUITOES  
CAN'T BITE YOU  
IF THEY  
CAN'T  
FIND  
YOU.



Some mosquitoes carry the West Nile virus,  
so it's best to avoid being bitten at all.

**FIGHT** the  
**BITE**

- Use an insect repellent with DEET.
- Wear light-coloured long-sleeved shirts and pants, and a hat.
- Consider staying indoors at dawn and dusk when mosquitoes are most active.

For more information and tips, visit [fightthebite.info](http://fightthebite.info)  
or call Health Link Alberta at **1-866-408-5465**.