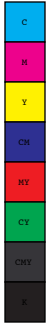


MOSQUITOES  
CAN'T  
BITE  
YOU  
IF  
THEY  
CAN'T  
FIND  
YOU.



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



# FIGHT<sup>the</sup> 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**.



Cover up.



Use  
repellent.



Indoors @  
dawn & dusk.

