

“I ended up being sick for three weeks, and the most frightening part was not knowing if it would keep getting worse.”

– Coreen, Bow Island, AB
West Nile virus survivor



▶ Since 2003, Albertans have been at risk for contracting West Nile virus infection. Most serious illness was in older adults, but everyone is at risk. For statistics on Albertans' infection rates visit **fightthebite.info**.

Protect yourself

- ▶ 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.



Around the house

- ▶ Make sure there is no standing water in your yard where mosquitoes can lay their eggs.
- ▶ Cover rain barrels with screens.
- ▶ Clean out eavestroughs regularly to prevent clogs that trap water.
- ▶ Ensure that window and door screens have no holes or openings.



West Nile non-neurological syndrome (West Nile fever)

Not all mosquitoes will carry West Nile virus. Symptoms vary, but the headache associated with West Nile non-neurological syndrome can keep people from work for an extended period.

Symptoms may include:

- Headache • Fever • Chills • Body aches
- Rash • Swollen glands

West Nile neurological syndrome

The risk of developing the more serious West Nile neurological syndrome increases with age, and in the presence of other medical conditions. If you develop severe symptoms, see a physician immediately.

Symptoms may include:

- Fever • Severe headache • Neck stiffness • Vomiting
- Muscle weakness • Tremors • Paralysis • Coma