

For more information about protecting yourself, visit [fightthebite.info](http://fightthebite.info) or call Health Link Alberta

- ▶ in Edmonton call **780-408-LINK (5465)**
- ▶ in Calgary call **403-943-LINK (5465)**
- ▶ outside the Edmonton and Calgary local calling areas, call toll-free **1-866-408-LINK (5465)**



“I went from training for a marathon to having a three and a half month headache to being off work for almost a year.”

– Graham, Medicine Hat, AB  
West Nile virus survivor



## Repellents

- ▶ *Your best protection is insect repellent with DEET.*
- ▶ *Used as directed, DEET has an excellent safety record.*
- ▶ *Apply sparingly to clothing and exposed skin.*
- ▶ *Products with lemon eucalyptus oil are effective for shorter periods of time.*

Read all product labels carefully and follow instructions as directed for children and adults.



▶ West Nile virus is transmitted to humans through the bite of an infected mosquito. Reduce your risk of infection by avoiding contact with mosquitoes with the help of insect repellents.

▶ Insect repellents containing higher concentrations of DEET last longer, but do not provide any better level of protection.

*30% DEET = about 6 hours of protection*

*15% DEET = about 5 hours of protection*

*10% DEET = about 3 hours of protection*

*5% DEET = about 2 hours of protection*