



# FIGHT the BITE

West Nile virus remains a health concern for all Albertans. Those over the age of 50 are at greater risk of becoming seriously ill when infected with West Nile virus.

- ▶ *Your best protection is insect repellent with DEET. Used as directed, DEET has an excellent safety record.*
- ▶ *Products with lemon eucalyptus oil are effective for shorter periods of time.*
- ▶ *Wear long-sleeved shirts and pants at dusk and dawn when mosquitoes are most active.*

**“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*

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)**

