



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 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*

For more information about protecting yourself, visit 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)**

