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# Albertans urged to protect themselves from West Nile virus infection

LETHBRIDGE – Alberta Health Services (AHS) is reminding Albertans to take precautions necessary to protect themselves against West Nile virus infection this summer.

“With exposure to mosquitoes comes risk of West Nile virus,” says Dr. Karin Goodison, Medical Officer of Health – South Zone. “Because some mosquitoes carry West Nile virus, it’s important to avoid being bitten at all.”

Whether gardening, golfing, fishing, travelling or even just relaxing outdoors, all Albertans should take these simple steps to prevent bites and protect themselves from West Nile virus:

- Wear a long-sleeved, light-colored shirt, pants, and a hat.
- Use insect repellent with DEET.
- Consider staying indoors at dawn and dusk, when mosquitoes are most active.

“These steps can make it harder for mosquitoes to find you, and remember: if mosquitoes can’t find you, they can’t bite you,” says Dr. Goodison.

After being bitten by a mosquito carrying West Nile virus, humans can develop West Nile Non-Neurological Syndrome (formerly known as West Nile fever) or the more serious West Nile Neurological Syndrome.

Symptoms of Non-Neurological Syndrome can be uncomfortable, including fever, chills, nausea, vomiting, fatigue, skin rash, swollen glands and headache. For those individuals who do develop Neurological Syndrome, symptoms can be much more severe, including tremors, drowsiness, confusion, swallowing problems, high fever, unconsciousness, paralysis and even death.

From 2003 to 2014, 680 cases of West Nile virus were confirmed in Alberta, 622 of which were acquired here in the province.

Albertans are encouraged to learn more about West Nile virus and the precautions necessary to reduce risk at [www.fightthebite.info](http://www.fightthebite.info) or by calling Health Link Alberta at 811.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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