





Some mosquitoes carry the West Nile virus,
so it's best to avoid being bitten at all.



- 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.

For more information and tips, visit fightthebite.info
or call Health Link Alberta at **1-866-408-5465**.



Cover up.



Use repellent.



Indoors @
dawn & dusk.

