

# WEST NILE VIRUS



**Five Hills  
Health Region**

Healthy People – Healthy Communities

## With warmer weather comes the mosquito!

Personal protection and reducing mosquito habitats will help reduce the risk of West Nile virus (WNV) transmission to you and your family.

**Cover up** - Most mosquitoes are very active at dusk and dawn. If you need to be outside when mosquitoes are active, wear light-coloured, loose-fitting clothing with long-sleeves, long pants and socks.

**Apply repellent** - Anytime you are outdoors, you should wear repellent. Products with DEET are recommended, but at lower concentrations for children. For any repellent, be sure to follow the manufacturer's directions for use.

**Clean up around the house and yard** - Take a look around your property and get rid of mosquito-friendly places.

Learn more by [clicking here](#).