

# PROTECT YOURSELF FROM WEST NILE VIRUS

It only takes one bite!



## Prevention is your first line of defence.

- ✦ Reduce the time you spend outside between dusk and dawn.
- ✦ Apply an appropriate mosquito repellent when outdoors and follow the instructions on the label.
- ✦ Wear light coloured, loose-fitting clothing with long sleeves and pant legs while outdoors.
- ✦ Get rid of standing water around your home.
- ✦ Make sure your door and window screens fit tightly and are free of holes.

There is no vaccine, cure or specific treatment for West Nile Virus. In southern Manitoba, anyone can be exposed to an infected mosquito from June to September.

For more information about West Nile Virus (WNV), including information about risk, visit our website at [manitoba.ca/health/wnv](http://manitoba.ca/health/wnv). For WNV health concerns, contact your doctor or call Health Links – Info Santé at 204-788-8200 (in Winnipeg); toll-free 1-888-315-9257.



*Focused on  
what matters most  
> to families.*