

YOU CAN PROTECT YOURSELF FROM WEST NILE VIRUS

- Reduce the time you spend outside between dusk and dawn.
- Apply an appropriate mosquito repellent.
- Wear light-coloured, loose-fitting, long-sleeved clothing.
- Get rid of standing water around your home.
- Make sure your door and window screens fit tightly and are free of holes.

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

**DON'T BE A
TARGET**

