



PROTECT YOURSELF

West Nile Virus

West Nile Virus and Camping

Before pitching your tent or parking your trailer, Saskatchewan Health asks you to reduce your exposure to mosquito bites by adopting these personal protective measures.

- **Apply an appropriate mosquito repellent.** DEET-based repellents are most effective for preventing mosquito bites, if applied according to the manufacturer's instructions.
 - **Wear loose fitting, light coloured clothing with long sleeves, long pants and socks.** Mosquitoes are attracted to dark colours like black and navy; stick to white, beige and khaki. Mesh bug jackets are also effective barriers.
 - **Decrease time spent outdoors between dusk and dawn.** Mosquitoes are most active at dawn and during the night, so remember to wear repellent and wear appropriate clothing when sitting around the campfire.
- #### Handy Tips
- Even a small amount of water that is allowed to stand for a week or more may produce mosquitoes. However, not all standing water produces mosquitoes. Large, deeper wetlands with open water are not good habitats. Sunlit, shallow (less than 60 centimeters, or two feet deep) wet areas with plants growing at the edge are of most concern.
 - Mosquitoes will be active during the day in shaded, wooded areas. Remember to use repellent and put on long sleeves and pants.
 - Mosquitoes like to sleep where you sleep. Keep the tent door zipped or keep the screen door on the trailer closed.
 - Before going to bed, check for mosquitoes that have snuck into your tent or trailer. Make a game of it! Grab that flashlight and hunt them down!
 - Remember that you cannot “fog” or “spray” your campsite to keep mosquitoes away in provincial, national, and most regional parks due to concerns for public health and the environment.