



# PROTECT YOURSELF

## West Nile Virus




### West Nile Virus and Outdoor Event Planning



Enjoy outdoor events throughout Saskatchewan this summer but remember to reduce your exposure to mosquito bites. Saskatchewan Health asks you to adopt these personal protective measures at your outdoor wedding, sporting event, or public gathering.

#### If You're Organizing an Event

- Eliminate or reduce mosquito breeding sites around the event area. Even small amounts of standing water may produce mosquitoes. Remove anything that can hold water (cans, cups, pails, etc.) and haul all water-collecting garbage to the dump.
  - Remove excess vegetation and keep the grass short. Avoid over-irrigation.
  - Every morning, check for “resting” mosquitoes inside event structures, like gazebos and portable toilets.
  - Encourage your event attendees to take appropriate steps to reduce mosquito bites through event announcements, information booth materials, a repellent station, etc.
  - Remember that you cannot “fog” or “spray” your event site. To protect the safety of the public, you must contact a qualified pesticide applicator.
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#### If You're Attending an Event

- Apply an appropriate mosquito repellent. DEET-based repellents are most effective, if used according to the manufacturer's directions.
  - Wear loose-fitting, long-sleeved, light coloured clothing. Mosquitoes are attracted to dark colours like black and navy; stick to white, beige and khaki. Mesh bug jackets are also effective barriers.
  - Ensure your child's stroller is equipped with mosquito netting and don't forget to use it.
  - If you cannot decrease time spent outdoors between dusk and dawn, take extra precautions. Mosquitoes are most active at dawn and during the night but also be careful during the day in shaded areas.
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