

Protect yourself against West Nile Virus

1

Stay indoors at
DUSK / DAWN

These are the times
of day you should try
to stay indoors.
infected

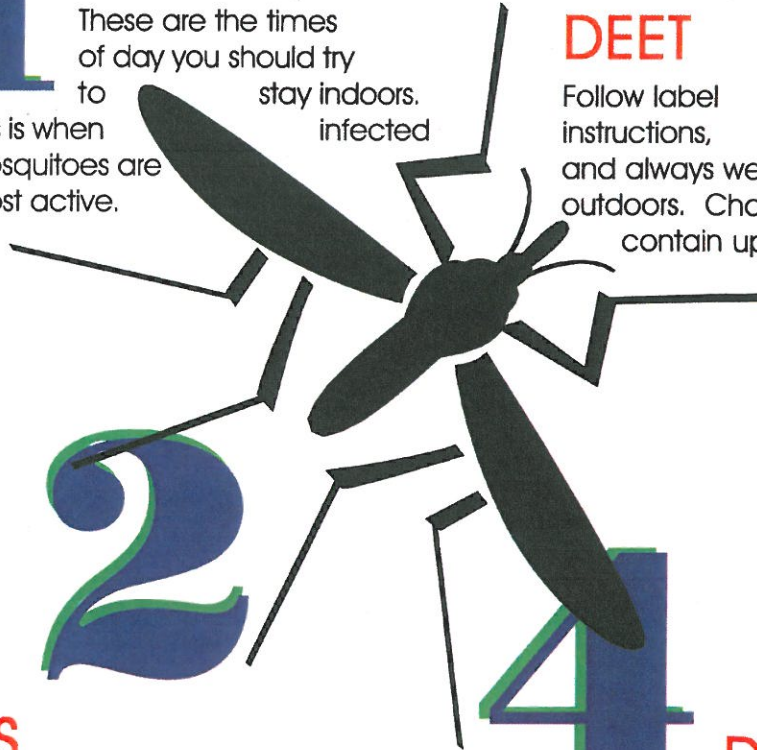
This is when
mosquitoes are
most active.

Use repellent
that contains

DEET

Follow label
instructions,
and always wear repellent when
outdoors. Choose products that
contain up to 20% DEET.

3



DRESS

in long
sleeves and pants when you are
outside. For extra protection, you
may want to spray thin clothing with
repellent.

4

DRAIN

standing water in your yard and your
neighborhood— old tires, flowerpots,
and clogged rain gutters are just a
few sites mosquitoes use to breed.



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