

# 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**

**2**

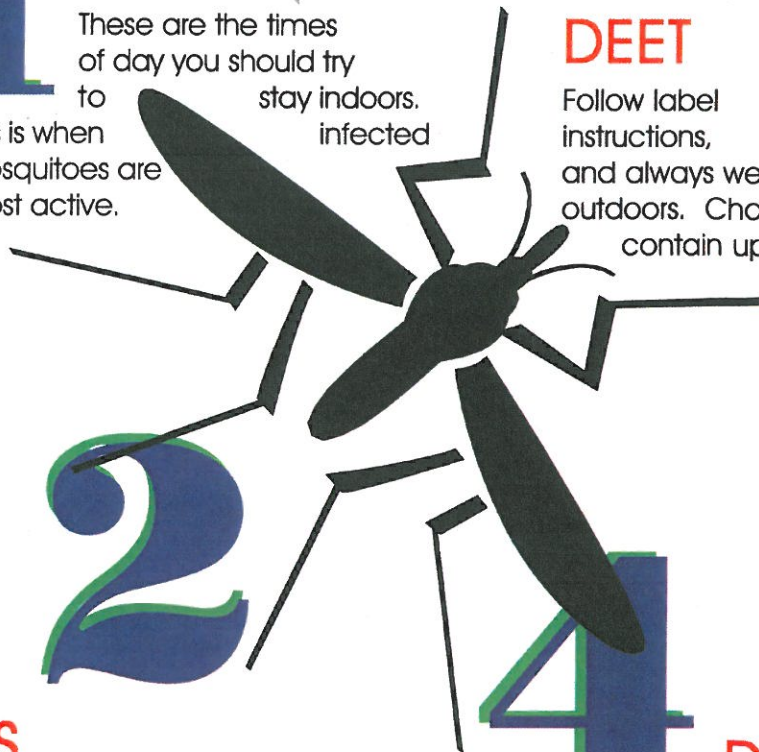
**DRESS**

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.



Tarrant County Public Health  
1101 South Main Street, Fort Worth  
817-321-4700

<http://health.tarrantcounty.com>