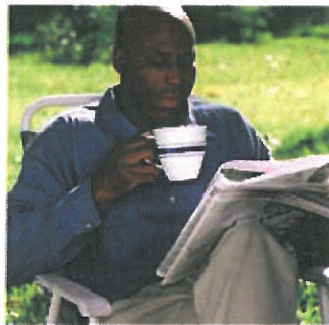


Remember the “Four D’s” to defend yourself against West Nile virus



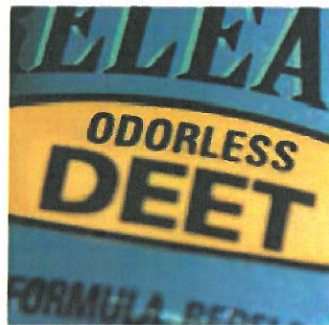
DUSK / DAWN

are the times of day you should try to stay indoors. This is when infected mosquitoes are most active.



DRESS

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



DEET

(N, N-diethyl-m-toluamide) is an ingredient to look for in your insect repellent. Follow label instructions, and always wear repellent when outdoors.



DRAIN

standing water in your back yard and neighborhood — old tires, flower-pots, and clogged rain gutters. These are mosquito breeding sites.



**Tarrant County
Public Health**

<http://health.tarrantcounty.com>