

PROTECT YOURSELF FROM MOSQUITO BITES

Mosquitoes can spread West Nile and other viruses.



Night or day, be prepared

Mosquitoes that spread West Nile Virus mainly bite at night, but are also active at dawn or dusk and in shady areas during the day.



Use insect repellent It works!

Look for these active ingredients:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL

A few brand examples:

- OFF! • Cutter • Repel • Sawyer
- Skin So Soft Bug Guard Plus
- Skin Smart



Wear protective clothes

Wear long-sleeved shirts and long pants. For extra protection, treat clothing with permethrin. Use insect repellent on exposed skin, but not under clothes.



Mosquito-proof your home

Use screens on windows and doors. Use air conditioning when available. Rid your yard and home of standing water where mosquitoes breed.

Empty and turn over containers that hold water, such as cans, bottles and flower pots, and clean out clogged gutters.