

# Remember the “Five D’s” to defend yourself against West Nile virus.



**DRAIN** standing water in your backyard and neighborhood. Old tires, flower pots and clogged rain gutters are mosquito breeding sites.



**DUSK & DAWN** are the times of day you should try to stay indoors. This is when mosquitoes are most active.



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



**DEET** is an ingredient in insect repellents. Other approved ingredients include picaridin, oil of lemon eucalyptus and IR3535. Always wear insect repellent when outdoors and follow label instructions



**DOORS** and windows should have “bug-tight” screens to help keep mosquitoes out of your home.

Symptoms of West Nile Virus infection include fever, headache, body aches, tiredness, and sometimes rash. If you have severe symptoms such as stiff neck, severe headache, or confusion, contact your health care provider immediately.