

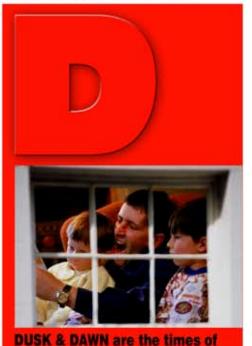
DRAIN standing water in your backyard and neighborhood.
Old tires, flower pots and clogged rain gutters are mosquito breeding sites.



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

ORANGE COUNTY
HEALTH CARE AGENCY
OChealthinfo.com

Remember the "Five D's" to defend yourself against West Nile virus:

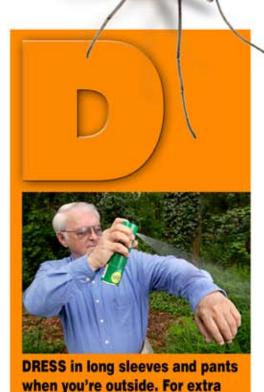


day you should try to stay indoors. This is when mosquitoes are

most active.



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



protection, you may want to spray

thin clothing with repellent.

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.