



West Nile Virus

What You Can Do



Look around your neighborhood

Mosquitoes ignore fences; by working with your neighbors, you can help protect yourself.

- Organize a neighborhood cleanup of local parks and playgrounds to get rid of garbage that collects water.
- Assist the elderly and disabled in your neighborhood in getting rid of standing water around their homes.

Protect yourself

- Reduce your chances of being bitten by reducing your exposure to mosquitoes.
- Repair any holes in window and door screens.
- Reduce outdoor activity at sunrise and sunset, when mosquitoes are most active.
- When possible, wear long sleeved shirts and long pants when outdoors.
- Cover infant carriers with mosquito netting when they are outdoors.
- Use mosquito repellents containing DEET (N, N-diethyl-m-toluamide) during outdoor activity. Please read the repellent instructions before applying directly to skin.

Speak out

- Report areas of standing water or large mosquito populations to your local municipality

For further information, contact the Oklahoma City-County Health Department, Consumer Protection (405) 425-4347, (405) 425-4348, or (405) 425-4319

Learn more at <http://www.occhd.org/fightthebite>

revised 05/2013

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