

# Fight the Bite



## 4 D's of mosquito safety

**DRAIN** standing water on your property so mosquitoes won't breed.

Use insect repellent that contains **DEET** on your clothes.

Stay indoors at **DUSK AND DAWN** when mosquitoes are most prevalent.

**DRESS** in long sleeves and pants and spray insect repellent on the clothes.

### Tips For Everyone

- West Nile Virus can be transmitted primarily through the bite of an infected mosquito. People cannot become infected through ordinary contact with an infected bird, horse, or human.
- Avoid mosquitoes whenever possible.
- Stay indoors or take personal protective measures, especially between dusk and dawn.
- Use mosquito repellent with DEET (up to 30% for adults and 10% or less for children ages 2-12). Follow the label directions before applying repellent.
- Wear long-sleeved shirts and long pants with socks and shoes outdoors when practical.



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