

**Protect yourself
from the West
Nile virus
with the 4 D's.**



- 1** Stay indoors at **Dusk** and **Dawn**. This is the time of day that mosquitoes are most active.
- 2 Dress** in long sleeves/pants, loose and light-colored clothing when outdoors.
- 3 Defend** yourself by using an insect repellent that contains DEET, Picaridin, or Oil of Lemon Eucalyptus. Follow label instructions.
- 4 Drain** standing water in your yard and neighborhood. Also make sure that flower pots, water dishes, bird baths, and wading pools are properly drained so they are not breeding grounds for mosquitoes.

