



## West Nile Virus

**WEST NILE VIRUS** is now in most of the United States. The most important way people become infected is through the bite of an infected mosquito. You can reduce your chance of getting infected by avoiding mosquito bites.

### **AVOID MOSQUITO BITES!**

- **Cover Up!** Wearing long sleeve shirts, long pants and socks sprayed with repellent while outdoors can further help prevent mosquito bites. Avoid Mosquitoes! Many mosquitoes bite between dusk and dawn. Limit time outdoors during these hours, or be especially sure to use repellents and protective clothing.
- **Spray!** Spray insect repellent containing DEET (Look for N, N-diethyl-m-toluamide) on exposed skin when you go outdoors. Spray clothing with repellents containing DEET or permethrin. Products with a higher percentage of DEET (up to 50%) give longer protection. Don't spray repellent on skin under clothing. Don't use permethrin on skin.

**Use Repellent Carefully!** Repellents containing DEET are very safe for adults and children when used according to directions. Don't put repellent on kid's hands because it may get in their mouth or eyes.

### **MOSQUITO-PROOF YOUR HOME!**

**Screens:** Keep mosquitoes outside by fixing or installing window and door screens.

**Drain Standing Water:** Don't give mosquitoes a place to breed. A small amount of standing water can be enough for a mosquito to lay her eggs. Look around every week for possible mosquito breeding places.

**Empty water from buckets,** cans, pool covers, flower pots and other items. throw away or cover up stored tires and other items that aren't being used. Clean pet water bowls weekly. Check if rain gutters are clogged. If you store water outside or have a well, make sure it's covered up. Encourage your neighbors to do the same.

### **HELP YOUR COMMUNITY!**

Dead birds help health departments track West Nile virus.

[Check with local or state health department to find out their policy for reporting dead birds](#)