

PROTECT YOURSELF FROM MOSQUITO BITES OUTSIDE



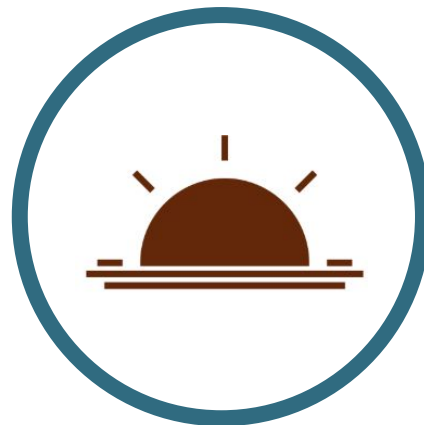
Use insect repellent

Use an EPA-approved repellent and follow label instructions. Many repellents are safe for children and babies and wash off at bath time.



Wear long-sleeved shirts, pants

Wear loose-fitting long sleeves and pants while outdoors to prevent bites. Treating outdoor clothes with permethrin can add an extra layer of protection.



Avoid dawn and dusk

Mosquitoes that spread West Nile Virus are most active during dawn and dusk. Avoid being outdoors during these times.



Keep the area around your home mosquito-free

Remove standing water around your home at least once a week. Keep lawns trimmed and weed-free.