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 from mosquitoes 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.

MHCHD Marshall-Harrison County Health District

TEXAS Department of State Health Services

www.txwestnile.org