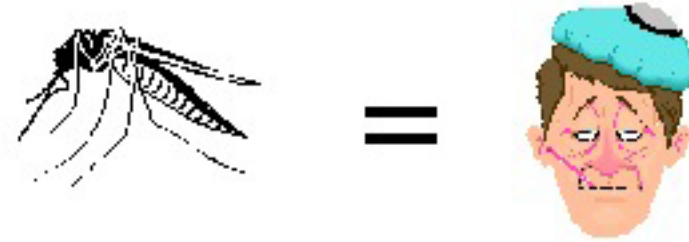
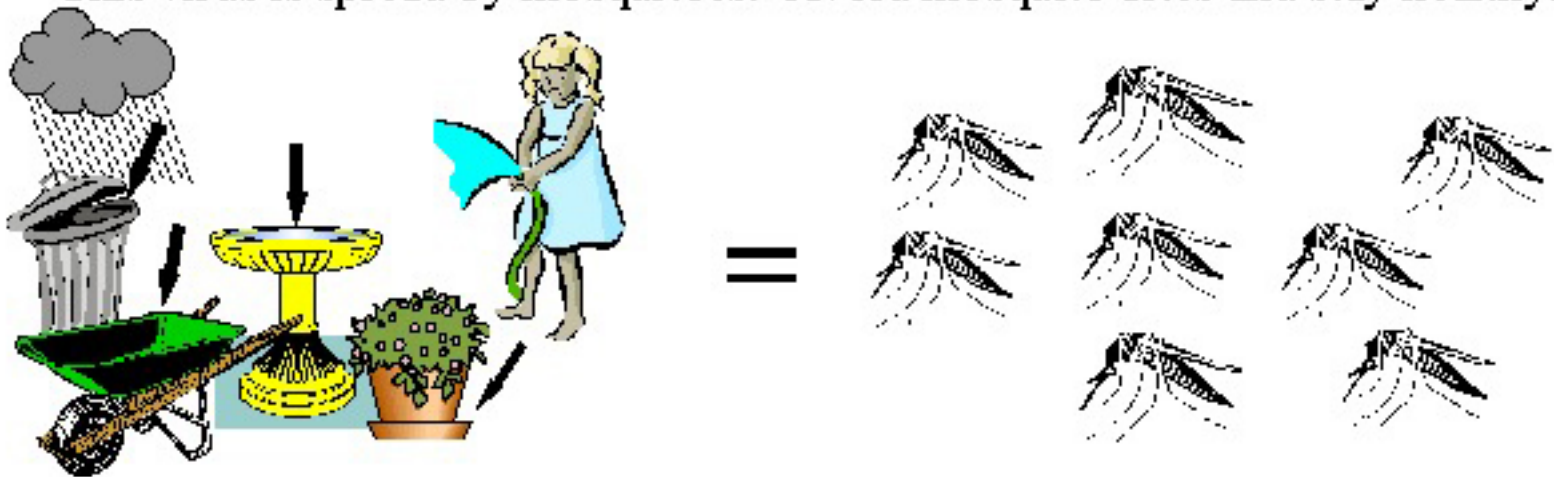


Protect Yourself from the West Nile Virus



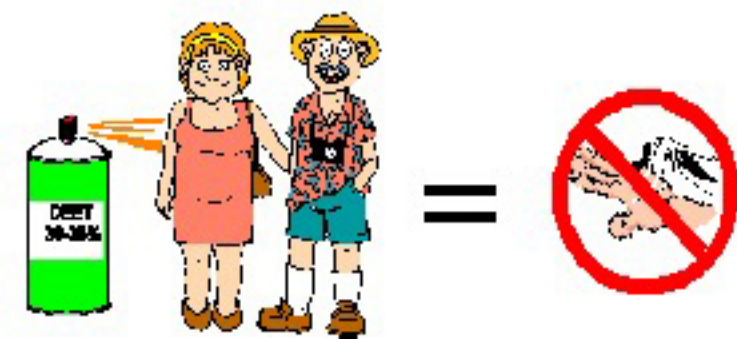
This virus is spread by mosquitoes. Avoid mosquito bites and stay healthy.



It only takes a little bit of water to breed thousands of mosquitoes. Empty standing water at least once per week.



The type of mosquitoes which carry the virus are more active from dusk to dawn. Avoid being outside during these times or use protective clothes and insect repellent to protect yourself.



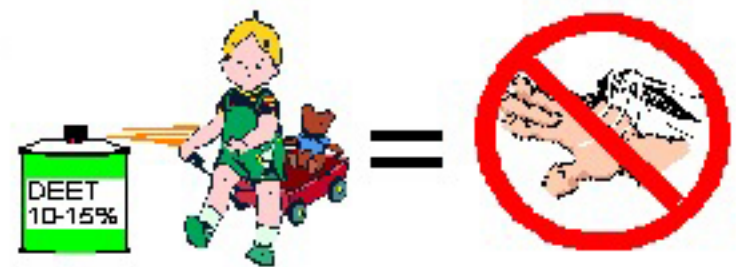
Adults should use insect repellent with less than 35% of the chemical DEET

Some of the brands that have DEET in various concentrations are:

- OFF
- Repel
- Cutter
- Sawyer

Read the labels!

Important Notice !



For children use repellents with less than 15% of the chemical DEET

DEET can be toxic if too much is used. Always follow the instructions on the label. You should not use any kind of insect repellents on babies. Use protective clothing or covering made of fabric netting or mosquito netting.

