



# Fight the Bite!

Reduce Your Exposure to Mosquitoes to Prevent West Nile Virus. Follow these tips to avoid getting infected.

- Use insect repellent containing DEET when going outdoors
- Dress appropriately by wearing long sleeves, long pants, and socks
- Take extra care during peak mosquito biting hours from dusk to dawn
- Drain any standing water from objects in your home such as pet bowls, gutters, buckets, pool covers, and flowerpots on a regular basis



For more information visit [EPHealth.com](http://EPHealth.com) under the Emergency Preparedness Be Climate Ready