

# Protect yourself from West Nile virus

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## **Fight the Bite**

- Use insect repellent\* when you go outside.
- Drain standing water regularly. Mosquitoes breed in water that collects in buckets, tires, gutters, and saucers.
- Wear long sleeves and pants at dawn and dusk when mosquitoes are most active.
- Keep screens on doors and windows in good condition to keep mosquitoes out.

\*Approved repellents contain DEET, picaridin or oil of lemon eucalyptus.

## **Texas Department of State Health Services**

[www.txwestnile.org](http://www.txwestnile.org)

DSHS form 12-1E

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