

# FIGHT THE BITE!



## **PROTECT YOURSELF AND YOUR FAMILY FROM WEST NILE VIRUS**

**DRAIN** – Mosquitoes lay their eggs and grow in standing water. Empty water from buckets, old tires, flower pots and toys, and change water from pet bowls and bird baths every few days.

**DUSK AND DAWN** – Mosquitoes bite in the early morning and evening. Protect yourself by wearing long sleeved shirts and pants, and use insect repellent.

**DEET** – Use insect repellent with DEET in it. DEET keeps mosquitoes from biting you. Follow the directions carefully.

West Nile virus is preventable. People who do get sick may feel like they have the flu. Call your doctor or clinic if you have questions.

**For more information:  
[www.westnile.ca.gov](http://www.westnile.ca.gov)  
1-877-WNV-BIRD or  
1-877-968-2473**

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