

# 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.

