

FIGHT *the* BITE!



WEST NILE VIRUS

REDUCE YOUR RISK DURING OUTDOOR ACTIVITY

Protect Dusk Through Dawn

That is when mosquitoes that carry the virus are most active, so take precautions to prevent mosquito bites.

Use Repellent With DEET

- Use mosquito repellents that contain DEET (N, N-diethyl-m-toluamide) when doing any outdoor activity. Follow the label instructions carefully.
- For adults, use repellents containing up to 35% DEET. Children 2 months to 12 years of age, up to 10% DEET. Do not use DEET on children under 2 months.

Take Cover

Wear protective clothing like long-sleeved shirts and long pants while outdoors.

Remove Standing Water

Drain standing water, since that's where mosquitoes lay eggs. This includes tires, cans, puddles, barrels, etc.

**FOR QUESTIONS:
Contact the Bear River
Health Department or visit
www.brhd.org**

West Nile virus is rare, but if you have symptoms including high fever, severe headache and stiff neck, contact your health care provider immediately. Though anyone can be infected and become ill, severe illness or death is more common in people over age 50.