

West Nile Virus: How to Protect Yourself

1. Avoid mosquito bites!

When outdoors, make sure to:

- Apply insect repellent containing DEET.
- Wear long sleeve shirts, pants, and socks.

Limit your time outdoors from dusk until dawn.



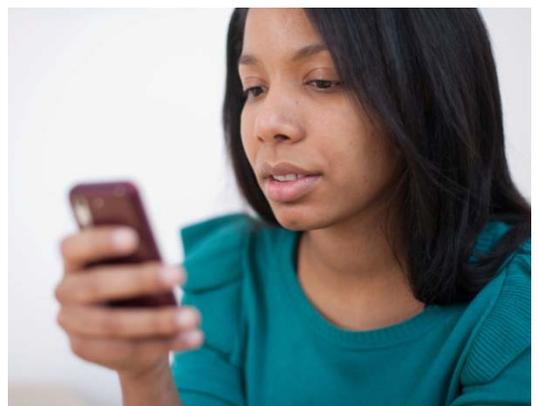
2. Mosquito-proof your home.

- Drain standing water. Empty water from buckets, tires, flower pots, and other items.
- Use screen windows and doors to keep mosquitoes from entering your home.



3. Support your community.

- If you see a dead bird, report it to your local health department. Los Angeles County residents can call 877-747-2243 or visit <http://publichealth.lacounty.gov/vet/>



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