

# Protect yourself from West Nile virus

**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.



**FIGHT  
THE BITE**

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



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

