

# **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.



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



**TEXAS**  
Department of  
State Health Services

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

