

FIGHT **the** BITE!



West Nile Virus

Reduce your risk during outdoor activity



Protect from dusk to 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 label instructions carefully).

- For adults, use repellents that contain up to 35% DEET.
- For children 2 months to 12 years, use repellents that contain up to 10% DEET.
- Don't use on children younger than 2 months of age.



Take cover

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

Use mosquito netting when sleeping outdoors or in an unscreened structure and to protect babies.

Remove standing water

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

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 get sick, severe illness or death is more common in people older than age 50 and those with certain medical conditions.



Questions? Contact your local health department or go to www.epi.utah.gov

