

# JOIN THE SKEETER PATROL



## Avoid West Nile Virus

Everything's bigger in Texas and that includes the bugs! Remember the **Four D's** for your defense against mosquitoes:

- **DRAIN** standing water in your yard and neighborhood to cut mosquito breeding sites (old tires, flowerpots, and clogged rain gutters).
- **DUSK & DAWN** are the times of day you should try to stay indoors; this is when mosquitoes are most active.
- **DRESS** in long sleeves and pants when you're outside, and spray thin clothing with repellent.
- **DEFEND** yourself by using an insect repellent that contains DEET, Picaridin, or Oil of Lemon Eucalyptus.

### For WNV Facts and Symptom Information:

West Nile Hotline: 940.349.2907

[Dentoncounty.com/WNV](http://Dentoncounty.com/WNV)

[DSHS.state.tx.us](http://DSHS.state.tx.us)

[cdc.gov](http://cdc.gov)



If you think you're experiencing symptoms of WNV contact your doctor or health care provider.