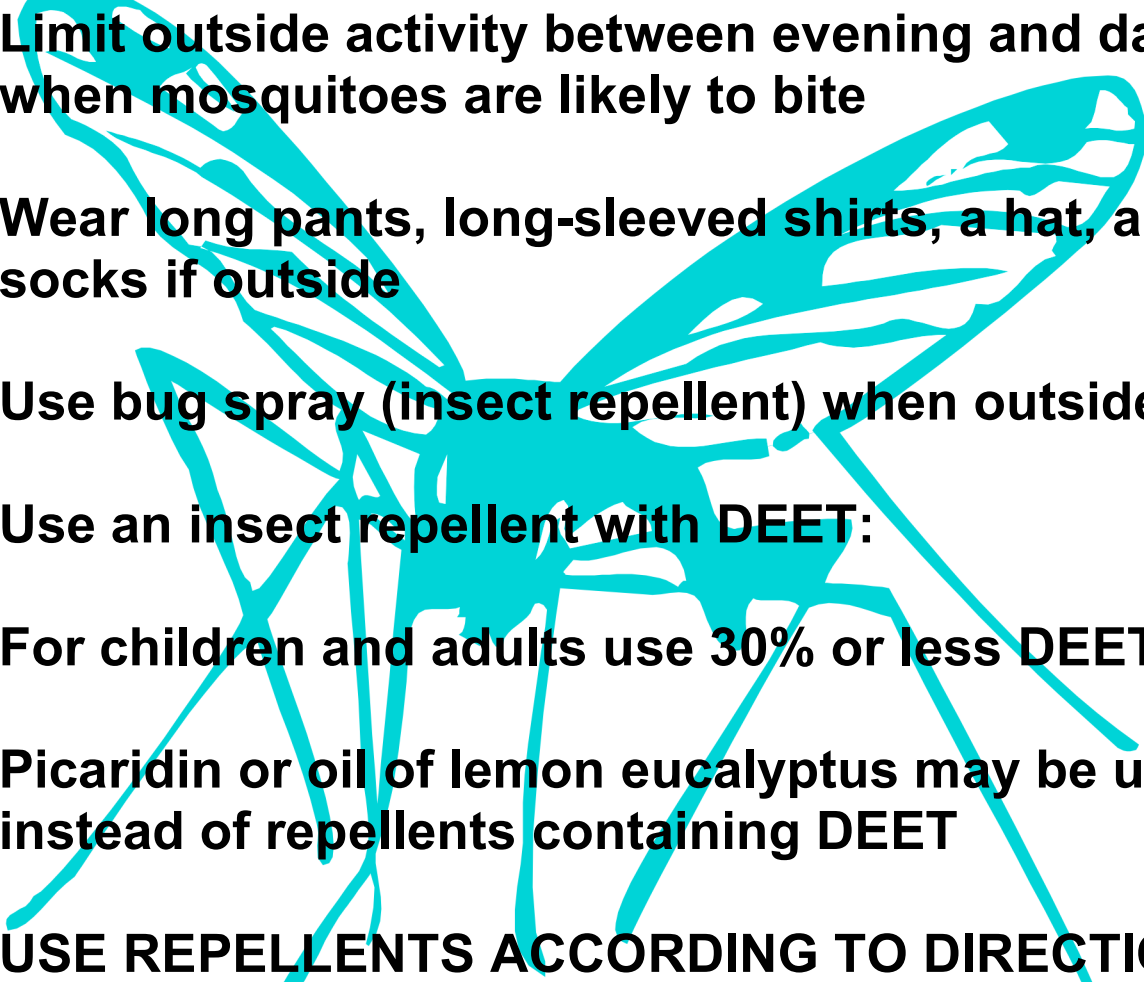


# PREVENT DISEASES CAUSED BY MOSQUITO BITES

To avoid being bitten by mosquitoes and getting sick from West Nile virus (WNV) or Eastern Equine Encephalitis (EEE):

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- **Limit outside activity between evening and dawn when mosquitoes are likely to bite**
  - **Wear long pants, long-sleeved shirts, a hat, and socks if outside**
  - **Use bug spray (insect repellent) when outside**
  - **Use an insect repellent with DEET:**
    - **For children and adults use 30% or less DEET**
    - **Picaridin or oil of lemon eucalyptus may be used instead of repellents containing DEET**
    - **USE REPELLENTS ACCORDING TO DIRECTIONS ON BOTTLE (Adults should apply repellent to young children)**
    - **Remove Standing Water in Yards or Unused Pools**