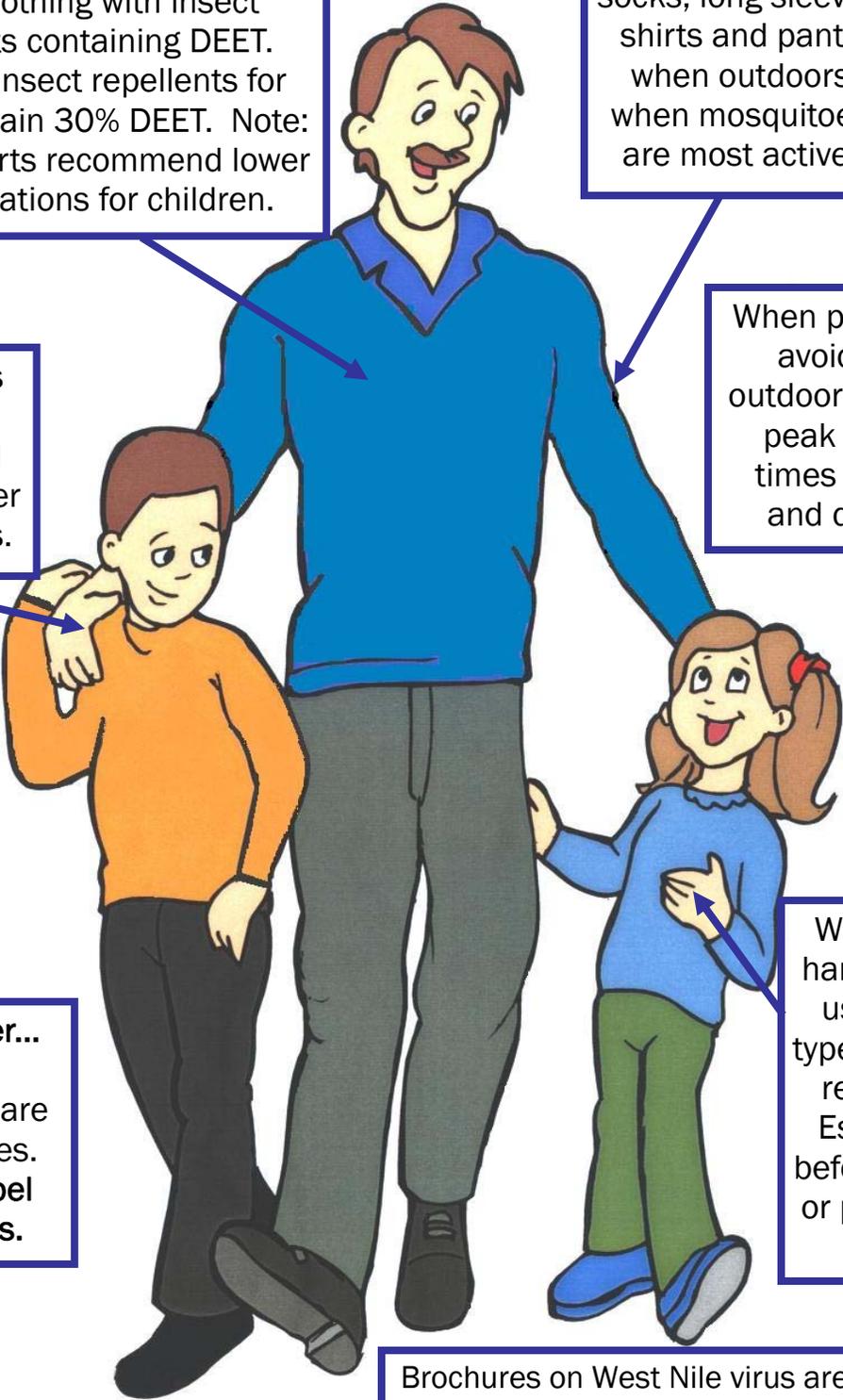


Fight the Bite!

Protect Yourself From Mosquitoes While Enjoying the Outdoors



Spray clothing with insect repellents containing DEET. Effective insect repellents for adults contain 30% DEET. Note: Some experts recommend lower concentrations for children.

Wear shoes and socks, long-sleeved shirts and pants when outdoors when mosquitoes are most active.

When possible, avoid the outdoors during peak biting times (dawn and dusk).

Apply insect repellents sparingly to exposed skin. Wash all treated skin with soap and water when returning indoors.

Remember...
Insect repellents are insecticides. Follow label directions.

Wash your hands after using any type of insect repellent. Especially before eating or preparing food.

Brochures on West Nile virus are available at the McHenry County Dept. of Health.