

## Steps to Reduce Risk for the West Nile Virus

Apply insect repellent to exposed skin when you go outdoors. Always be sure to follow repellent label instructions. Re-apply repellent if you feel mosquitoes starting to bite.

Wear long sleeves, long pants, and socks when outdoors. Consider tucking your pants into your socks.

Wear light-colored clothing, since mosquitoes are more attracted to darker colors.

Wear a full-brimmed hat to protect your head and neck or a baseball cap with a fold-out flap to protect the back of your neck.

Cover an infant seat or stroller with mosquito netting for extra protection.

Mosquito-proof your home. Keep mosquitoes outside by fixing or installing window and door screens.

Keep your rain gutters cleared out.

Fill in or drain low spots in your yard.

Keep ditches, drains, and culverts clear of weeds and trash so that water will drain properly.

Drain water from tarps or plastic sheeting covering wood piles, boats, etc.

Empty plastic wading pools at least once a week and store them inside when not in use. Unused backyard swimming pools may also create breeding problems.

Change bird bath water weekly.

Keep boats/canoes covered or upside down.

Keep grass cut short and shrubbery well trimmed so that adult mosquitoes will not hide there in the daytime.

Use a fine mesh screen on top of rain barrels so that adult female mosquitoes cannot reach the water surface to lay eggs.