



**FIGHT  
THE BITE**

**WEST  
NILE  
VIRUS**

**Avoid mosquito bites!**

Tips to protect yourself and your family:

- Use an effective repellent – especially at dawn and dusk when mosquitoes are most active
- Wear long sleeves and long pants when outdoors
- Make sure windows and doors are “bug tight” with screens
- Don’t give mosquitoes a home – get rid of standing water and keep water fresh in pet dishes and birdbaths

Everyone should avoid mosquito bites, especially people over 50.



**PUBLIC HEALTH**  
ALWAYS WORKING FOR A SAFER AND  
HEALTHIER WASHINGTON

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