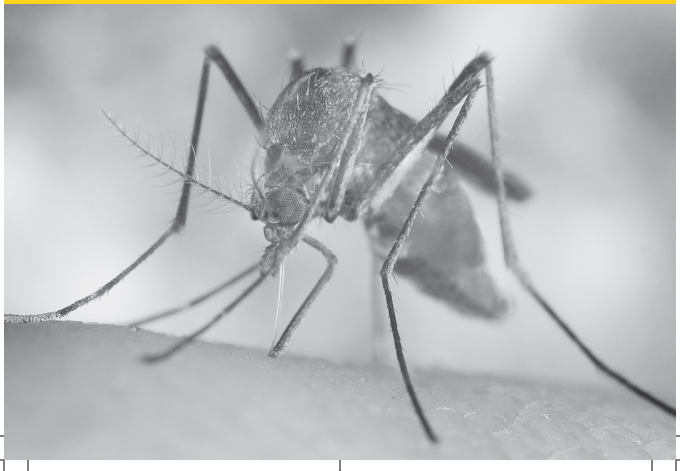
WEST NILE VIRUS

# Do you know what's biting you?

Mosquitoes can carry viruses that cause serious illness. West Nile virus is one such virus. The risk of getting West Nile virus is low. People who are infected may have effects ranging from flu-like symptoms to paralysis. In extreme cases it can be fatal.

Protect yourself. Take steps to avoid mosquitoes and to reduce the places where mosquitoes live and breed around your home.



## Avoid the Bite

- Make sure windows and doors are "bug tight." Repair or replace screens.
- Stay indoors at dawn and dusk, if possible, when mosquitoes are most active.
- Wear a long sleeve shirt, long pants, and a hat when going into mosquito-infested areas, such as wetlands or woods.
- Use mosquito repellent when necessary. Read the label and carefully follow the instructions. Take special care when using repellent on children.

## Don't Give Them a Home

- Empty anything that holds standing water—old tires, buckets, plastic covers, flowerpots, and toys.
- Change the water in your birdbaths, fountains, wading pools, and animal troughs at least twice a week.
- Recycle unused containers that can collect water—bottles, cans, and buckets.
- Make sure roof gutters drain properly; and clean clogged gutters in the spring and fall.
- Fix leaky outdoor faucets and sprinklers.

Washington State Department of Health

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**www.doh.wa.gov/wnv**
**1-866-78VIRUS**

Washington State Department of Health

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**Sincerely**,
**Health Education Resource Exchange Web Team**

# PRINTING SPECIFICATIONS

| | |
|---|---|
| **Title:** | **Do You Know What's Biting You?**<br>**West Nile Virus Statement Stuffer** |
| **Size:** | 3.25 x 9.25 |
| **Paper stock:** | 80# text gloss white |
| **Ink color:** | Pantone 116 and Black |
| **Special instructions:** | 2-sided printing with full bleeds. |
| **DOH Pub #:** | 333-053 |