

Protect Yourself From West Nile Virus



Wear socks with long pants and sleeves outside and use spray with DEET on your clothes and bare skin.



Put spray with DEET on your hands and rub on your child's skin. Do not get in eyes and mouth.



Use spray with DEET on your clothes and bare skin.



Use spray with DEET on your hands and rub on your face. Do not get into your eyes or mouth.

Contains
DEET
(N, N-Diethyl-meta-toluamide)
465475



Do not let mosquitoes bite you.

Use spray that has DEET in it so mosquitoes do not bite your family.



Mosquitoes lay eggs in standing water in your yard. Pour it out.

As most human cases of West Nile virus occur from August through September, the St. Clair County Health Department would like to remind the public of ways to protect themselves from West Nile virus exposure. The house mosquito (*Culex pipiens*) increases in numbers during July and August and the percentage of infected mosquitoes also increase. Consequently, based on data from Illinois and other states, the risk of West Nile virus infection is greatest from August 1 through September 15. The Health Department suggests the following tips to help reduce exposure in your surroundings:



Wash your skin after you go inside.

- Remove or empty water in old tires, tin cans, buckets, drums, bottles or other places where mosquitoes might breed.
- Clean rain gutters and downspouts.
- Empty plastic wading pools at least once a week and store indoors when not in use.
- Change the water in bird baths and plant pots or drip trays at least once a week.
- Store boats covered or upside down, or remove rainwater weekly.
- Empty your pet's water bowl daily.
- Keep weeds and tall grass cut short; adult mosquitoes look for these shady places to rest during the hot daylight hours.
- Maintain aeration unit discharges to prevent stagnant water.

Additionally, people can provide personal protection from mosquitoes by several methods including:

- Avoid places and times when mosquitoes bite. Generally, the peak biting periods occur at dawn and dusk.
- Be sure door and window screens are tight fitting and in good repair.
- Wear appropriate clothing. Long-sleeved shirts and long pants made of tightly woven materials keep mosquitoes away from the skin.
- Use mosquito netting when sleeping outdoors or in an unscreened structure and to protect small babies.
- Check to see that your mosquito repellent contains DEET, a chemical commonly found in these products. Generally, repellents containing about 25-30 percent DEET work best for adults; use lower concentrations for children. When outdoors, apply repellent sparingly to exposed skin or clothing, as indicated on the product's label.

