

FLIGHT THE BITE!

DRAIN STANDING WATER

around your house since it's where mosquitoes lay eggs. This includes tires, cans, flower pots, clogged rain gutters, rain barrels, toys and puddles. Keep all swimming pools properly cleaned and treated to eliminate additional mosquito breeding sites.

DRESS in long sleeves and pants during dawn and dusk and in when in areas where mosquitoes are active.



DUSK & DAWN are when mosquitoes are most active, so limit outdoor activities or take precautions to prevent mosquito bites.

DEET is an effective ingredient to look for in mosquito repellents. Always follow label instructions carefully. Other ingredients such as Oil of lemon eucalyptus and Picaridin have found to be as effective as repellents containing as low concentrations of DEET.

JOIN THE "SWAT TEAM" AGAINST WEST NILE AND EASTERN EQUINE ENCEPHALITIS

WEST NILE VIRUS (WNV) and EASTERN EQUINE ENCEPHALITIS (EEE) are rare, but if you have symptoms including high fever, severe headache and stiff neck, contact your health care provider immediately. By using the preventative measures listed above, you can protect yourself and your family while enjoying yourself outdoors.

For more information contact [XXXXX](#)