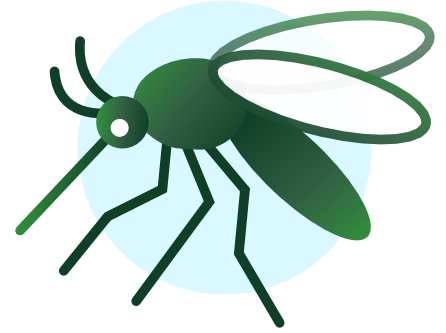


Mosquito Alert: Protect Yourself Against West Nile Virus



It only takes one bite. Protect yourself:

- Limit outdoor activity when mosquitoes are active, especially in the evening and at dusk and dawn.
- Use an EPA-approved insect repellent that contains DEET, picaridin, IR3535, or oil of lemon eucalyptus.
 - Always follow instructions on the product label.
 - Keep repellent near the front door or in your bag so you remember to use it.
- Do not wear colognes, perfumes, or scented body lotions.
- Wear protective clothing, such as long pants, long-sleeved shirts, and socks. Avoid wearing dark-colored clothing.
- During the day, avoid shaded bushy areas, which are where mosquitoes rest.
- Make sure windows have screens. Repair or replace screens that have tears or holes.
- Remove standing water from your property to prevent mosquito breeding.

Protect yourself when:



On a walk



Going outside



In the garden



At the park



Working outdoors

If you are 60 or older or have a weakened immune system, you are at higher risk for severe illness from West Nile virus.



Talk to your friends, family, and older community members about how to protect themselves from mosquitoes and West Nile virus.

For more information, visit nyc.gov/mosquito.

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