

# FIGHT THE BITE!



**PROTECT YOURSELF  
AGAINST WEST  
NILE VIRUS**

## **Defend yourself against mosquitoes.**

**DRAIN** standing water around the house weekly since it's where mosquitoes lay eggs, including: tires, cans, flowerpots, clogged rain gutters, rain barrels, toys and puddles.

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

**DEET** is an effective ingredient to look for in insect repellents. Always follow label instructions carefully.

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

**WEST NILE VIRUS** disease is rare, but if you have symptoms including high fever, severe headache and stiff neck, contact your health care provider immediately.

**Toll-Free California Helpline**

**1-877-968-2473**

**San Joaquin County**

**West Nile Virus Task Force**

**[www.sjgov.org/oes](http://www.sjgov.org/oes) or (209) 469-8200**