

# PROTECT YOURSELF FROM MOSQUITO BITES

The warmer weather brings us outdoors and also brings some unwanted “guests”. Here are some helpful hints to protect against mosquito bites.

## Mosquitoes and the West Nile Virus

Mosquito bites can make you itch. Usually, they are not worrisome. A bite by an infected mosquito can result in West Nile Virus infection. For the elderly and persons with compromised immune systems, the West Nile Virus can be dangerous. West Nile Virus is more common in the summer and early fall.



Here are some ways to protect yourself:

- Apply insect repellent. Use a repellent that contains DEET to exposed skin. Read and follow the product’s instructions before use.
- Wear long-sleeves, long pants and socks when spending time outdoors.
- Spray your clothing with an insect repellent that contains DEET.
- Take extra care during the early morning and early evening. These are mosquitos’ peak biting times.
- Get rid of standing water. Discard flower pots, buckets or other items that can hold water. Clean bird baths at least weekly.
- Check screens. They should fit windows and doors. Think about installing new screens and repairing screens if they have holes.

## Protect others:

Report dead birds to local authorities, such as the local health department. Dead birds may be a sign that West Nile Virus exists in your neighborhood. Do not touch a dead bird with your bare hands.

**Notify your primary care provider if develop flu-like symptoms, fever, skin rash and muscle weakness after a mosquito bite.**