

DEFEND
YOURSELF
AGAINST
West Nile Virus



DEET

(chemical name,
N,N-diethyl-
meta-toluamide)



DUSK/DAWN are the times of day you should try to stay indoors. This is when infected mosquitoes are most active.

DRESS in long sleeves and pants when you're outside. For extra protection, you may want to spray thin clothing with repellent.

DEET is an ingredient to look for in your insect repellent. Follow label instructions, and always wear repellent when outdoors.

DRAIN standing water in your backyard and neighborhood—old tires, flowerpots, and clogged rain gutters. These are mosquito-breeding sites.

Less than 1 percent of those bitten by infected mosquitoes become severely ill.

If you have symptoms that include stiff neck, high fever or severe headache

CONTACT YOUR HEALTH-CARE PROVIDER IMMEDIATELY

People over 50 are most susceptible to this virus.

City of Amarillo
Environmental Health Department
378-9472