



WEST NILE VIRUS

REDUCE YOUR RISK DURING OUTDOOR ACTIVITY

PROTECT FROM DUSK TO DAWN

- These hours are when mosquitoes that carry the virus are most active, so take precautions to prevent mosquito bites.

USE MOSQUITO REPELLENT

- Use a repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of eucalyptus, or para-menthane-diol (follow product labels and age-specific instructions carefully).

TAKE COVER

- Wear protective clothing like long-sleeved shirts and long pants while outdoors.
- Use mosquito netting to protect small babies.

STOP MOSQUITOES

- Remove standing water so mosquitoes cannot lay eggs.
 - Use air conditioning and window and door screens to keep mosquitoes outside.
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Working for Healthy Communities

Central Utah Public Health



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