

PROTECT YOURSELF FROM MOSQUITOES & WEST NILE VIRUS

REDUCE YOUR RISK

- Use mosquito repellent containing DEET, picaridin, oil of lemon eucalyptus, or IR3535.
- Follow repellent label directions carefully.
- Wear long sleeves, pants, and shoes.
- Reduce time outdoors when mosquitoes are most active at night.
- Reduce mosquito breeding sites by removing standing water.
- **If you experience an unusual or severe headache, *please seek medical attention.***



KNOW THE SYMPTOMS

MILD

Tiredness
Weakness
Headache
Fever
Body aches
Mild rash

SEVERE

Stiff neck
Swollen lymph glands
Confusion or disorientation
Intense body aches
Delirium
Coma

- Symptoms develop 2 to 14 days after the bite from an infected mosquito.
- Symptoms can last from a couple days to several weeks, months, or years.