

INSECT REPELLENT MAKES SKEETERS SCATTER



- Anyone can get West Nile virus disease if bitten by an infected mosquito: Missourians over age 50 are at greater risk of becoming more seriously ill.
- Here's how to protect yourself: apply a repellent on clothing and exposed skin when you go outdoors. **Always follow the directions on the label.**
- Why should you use insect repellent with **DEET** or **picaridin**? They are safe and effective for three to eight hours against mosquito bites.

INSECT REPELLENTS WITH
DEET OR PICARIDIN HELP
YOU AVOID INSECT BITES

MISSOURI DEPARTMENT OF HEALTH
AND SENIOR SERVICES

Contact Your Local Health Department

More Ways to Protect Against West Nile Virus

Here's a checklist you can use to reduce the chance of getting diseases spread by mosquito bites:

- Repair torn door and window screens to keep mosquitoes out.
- Remove outdoor items that hold water where mosquitoes could breed.
- Make sure your rain gutters are cleaned out so they will not collect water.
- Trim tall weeds and bushes where mosquitoes hide during the day.
- Apply insect repellent containing **DEET** or **picaridin** when outdoors, especially around sunrise and sunset when mosquitoes are most active.
- Report dead birds or mosquito breeding areas to your local health department.

Remember that flu-like symptoms in the summertime may not be the flu!

MISSOURI DEPARTMENT OF HEALTH
AND SENIOR SERVICES

www.dhss.mo.gov/WestNileVirus
or (866) 628-9891