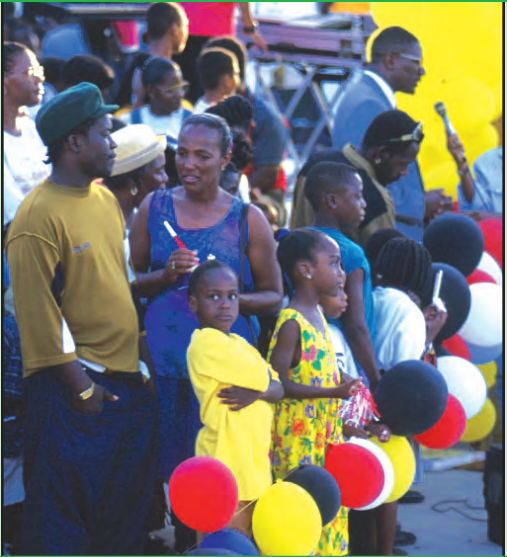


# PLAY IT SAFE USE INSECT REPELLENT WITH DEET.



- Anyone can get West Nile virus disease if bitten by an infected mosquito, but people over age 50 are at greater risk of becoming more seriously ill.
- Insect repellents containing DEET (N,N-diethyl-m-toluamide) have safely prevented millions from being bitten by mosquitoes and ticks for over 40 years.
- Apply a repellent with DEET on clothing and exposed skin when you go outdoors. After you return indoors wash exposed skin with soap and water.

INSECT REPELLENT  
WITH DEET HELPS  
YOU AVOID BUG BITES

MISSOURI DEPARTMENT OF HEALTH  
AND SENIOR SERVICES

[www.dhss.mo.gov/WestNileVirus](http://www.dhss.mo.gov/WestNileVirus)

# More Ways to Protect Against Mosquito Bites

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

- ☐ Repair torn door and window screens to keep mosquitoes out.
- ☐ Remove items that could hold water where mosquitoes breed from around your home and neighborhood.
- ☐ Make sure your rain gutters are cleaned out twice a year so water will not collect there.
- ☐ Clear away tall weeds from your yard and neighborhood.
- ☐ Apply insect repellent containing DEET (N,N-diethyl-m-toluamide) when doing outdoor activities, especially around sunrise and sunset when mosquitoes are most active.
- ☐ Products containing DEET are very safe when used according to the label directions.
- ☐ Ask your local health department about reporting dead birds or mosquito breeding areas around your home and neighborhood.

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