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	SEVERE
Tiredness	Stiff neck
Weakness	Swollen lymph glands
Headache	Confusion or disorientation
Fever	Intense body aches
Body aches	Delirium
Mild rash	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.