

Protect yourself and your family against

West Nile Virus



- Wear light colored, long pants and long-sleeved shirts.
- Stay indoors during the evening and early morning hours when mosquitoes are most active.
- Keep the grass and shrubbery cut short.
- Use an insect repellent containing DEET, picaridin, IR3535, oil of lemon eucalyptus (PMD) or permethrin. Always follow the directions on the label.
- Empty water from buckets, birdbaths, wading pools, troughs and potted plant trays every four to five days.



NORTH DAKOTA
DEPARTMENT of HEALTH

Additional information can be found at

www.ndhealth.gov/wnv

or by calling the North Dakota

Department of Health at

800.472.2180.

You can still enjoy outdoor activities, just remember to take the proper precautions.

Contact your local health department for more information about West Nile virus.

