



JOIN THE
SWAT TEAM
AND **SURVIVE**
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 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.

**FOR MORE INFORMATION
ABOUT WEST NILE VIRUS :**

Contact your local health department.

Additional information can be found at:

www.ndhealth.gov/wnv
or by calling the North Dakota
Department of Health at

800.472.2180.



NORTH DAKOTA
DEPARTMENT of HEALTH