

Fight the Bite!

**Protect Yourself
Against West
Nile Virus...**



West Nile Virus is spread by mosquitoes and can cause severe illness or death. Avoid mosquito bites and take time to protect yourself:

- **DEET** - Use insect repellent with DEET in it when going outdoors. Apply to exposed skin according to directions.
- **DRAIN** standing water around your home where mosquitoes might breed.
- **DUSK & DAWN** - Avoid outdoor activities at these times, or wear protective clothing during these times.
- **DOORS** and windows should have good screens on them.
- **DIAL** the Mosquito & Vector Control District at (209) 982-4675 or 1-800-300-4675 to report large numbers of mosquitoes.

Local Information: (209) 469-8200
California Department of Health Services
1-877-968-2473
www.westnile.ca.gov
www.cdc.gov

San Joaquin County
West Nile Virus Task Force
www.sjgov.org/oes

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