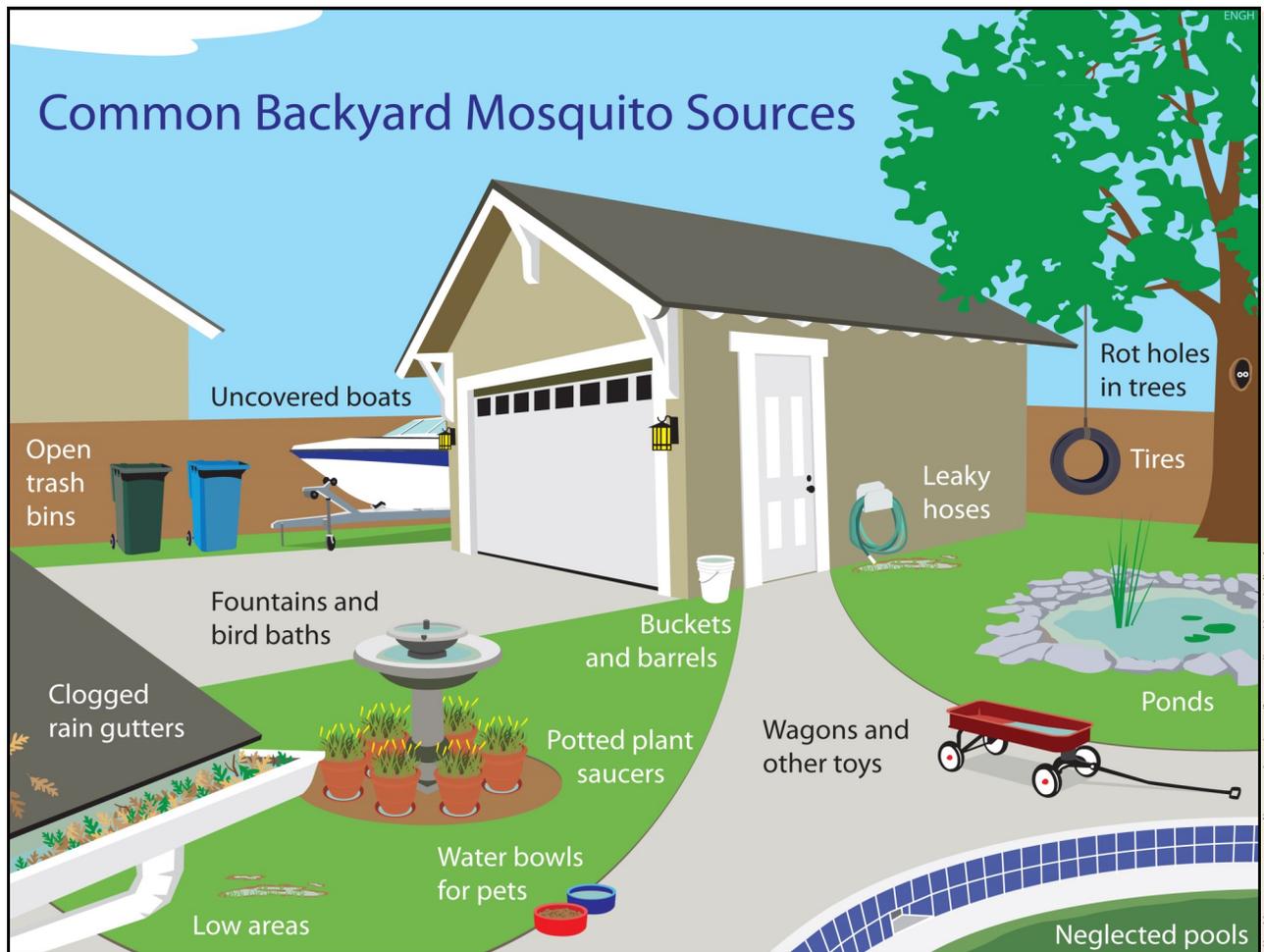


# Are there **UNWANTED MOSQUITOES** lurking around **YOUR** home?

Some mosquitoes carry West Nile virus; others are just a nuisance! They only need a **couple tablespoons** of water to breed, and water can collect just about anywhere.

**Don't give mosquitoes a place to hang out** – empty standing water in the **hot spots** shown below so you can be sure you're not allowing mosquitoes to breed right under your nose!



## **GIVE MOSQUITOES THE BOOT!**

### **For More Information:**

Denton County West Nile virus info line: (940) 349-2907  
[DentonCounty.com/WNV](http://DentonCounty.com/WNV)  
[CDC.gov/WestNile](http://CDC.gov/WestNile)



### **Brought to you by:**



# FIGHT THE BITE

## Protect yourself against West Nile Virus



Everything's bigger in Texas; some might say that includes the bugs! Remember the **Four D's** for your defense against mosquitoes:

- **DRAIN** standing water in your yard and neighborhood to cut mosquito breeding sites (old tires, flowerpots, and clogged rain gutters).
- **DUSK & DAWN** are the times of day you should try to stay indoors; this is when mosquitoes are most active.
- **DRESS** in long sleeves and pants when you're outside, and spray thin clothing with repellent.
- **DEET** (N,N-diethyl-m-toluamide) is an ingredient to look for in your insect repellent (check for 10-30%).

## SYMPTOMS

*(Remember, most people affected with WNV show NO symptoms.)*

**Mild Symptoms**, appearing in some people (~20%):

- Fever
- Headache
- Nausea
- Vomiting
- Body aches
- Swollen lymph nodes

**Serious symptoms**, appearing in very few people (less than 1%):

- High fever
- Headache
- Neck stiffness
- Stupor
- Disorientation
- Coma
- Tremors
- Convulsions
- Muscle weakness
- Vision loss
- Numbness
- Paralysis

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