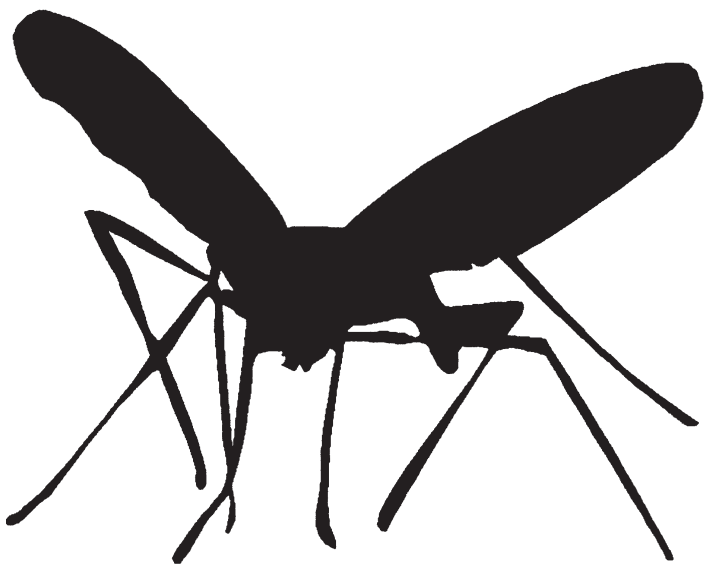
Your risk for serious harm from West Nile virus is low. But here are some simple steps to reduce your risk.

West Nile Virus - Don't Let It Bug You

Protect Yourself During Outside Activity

- **Spray clothing and exposed skin with insect repellents** according to specific manufacturer's instructions
  - Use repellents containing no more than 50% DEET on adults
  - Use repellents containing 10% or less DEET on children aged 2 - 12
- **Wear protective clothing** like long-sleeved shirts and long pants while outdoors
- **Limit outdoor activity** at dawn and dusk when mosquitoes are most active



Protect Your Home

Don't let mosquitoes breed around your home

- **Eliminate standing water** from flower pots, barrels, used tires, clogged roof gutters or water-holding containers
- **Install or repair window and door screens** to keep mosquitoes out
- **Keep grass cut short** so adult mosquitoes will not hide there

Missouri Department of Health and Senior Services
Section for Communicable Disease Prevention
1-866-628-9891 or www.dhss.state.mo.us