

# West Nile Virus

## Don't Let It Bug You



Most people who get West Nile virus don't feel sick, but it can cause serious illness. Here are some simple steps to help reduce your risks.

### Protect yourself and your family!

Avoid mosquito bites.

- Use insect repellent on clothing and exposed skin according to the manufacturer's recommendations.
  - Use repellents containing no more than 30 percent DEET on adults
  - Use repellents containing less than 10 percent DEET on children age 3 and older
  - Products containing Picaridin and oil of lemon eucalyptus are also effective.
- Wear **protective clothing** like long-sleeved shirts and long pants while outside.
- **Limit outdoor activity at dawn and dusk** when mosquitoes are most active.

### Tell mosquitoes to buzz off!

Don't let mosquitoes breed around your home

- **Eliminate standing water** from flower pots, barrels, used tires, swimming pool covers, clogged roof gutters or other waterholding containers.
- **Change water** twice a week in bird baths, wading pools and outside animal water dishes.
- **Install or repair screens** on windows and doors to keep mosquitoes out.

### Support disease tracking activities.

In Vermont, call 1-800-913-1139 to report dead birds.



**DEPARTMENT OF HEALTH**

Epidemiology & Disease Prevention  
PO Box 70 • Burlington, VT 05402

[healthvermont.gov](http://healthvermont.gov)