

**Slide one:**

Fight the Bite

Remember the 4 D's

Protect yourself from West Nile Virus

West Nile Virus

West Nile Virus is a mosquito-borne illness. Up to 80 percent of people infected with West Nile virus will have no symptoms and will recover on their own, however, some cases can cause serious illness or death.

Your best defense is to practice these habits, known as the "Four Ds".

Texas Department of State Health

Community Preparedness

Graphic = Community Preparedness Section

**Slide two:**

Dusk and Dawn

Mosquitos are the most active during dawn and dusk

Stay indoors at dusk and dawn

Graphic = photograph of the sun setting across a lake

Mosquito-proof your home!

Fix or install windows and door screens

Limit time outdoors during dawn and dusk.

Avoid mosquito bites.

**Slide three:**

Dress

The right choice is to dress smartly.

Graphic = photograph of closet rod with clothes hanging on it

Cover up!

Dress in long-sleeve shirts, long pants, and socks. Cover as much skin as possible when outdoors.

Dress wisely.

Netting!

Place mosquito netting over infant carriers when you are outdoors with infants.

Place netting over infants.

**Slide four:**

Defend

Use repellent carefully!

Defend yourself by using an insect repellent that contains DEET, Picaridin, or Oil of Lemon Eucalyptus. Follow label instructions.

Don't spray repellent on skin under clothing.

Don't put repellent on kid's hands because it may get in their mouth or eyes.

Graphic = photograph of man applying spray-type repellent to long-sleeve covered arm

**Slide five:**

Drain

Drain standing water in your yard and neighborhood. Also make sure that flower pots, water dishes, bird baths, and wading pools are properly drained so that they are not breeding grounds for mosquitoes.

Graphic = man draining water from child's sandbox

Eliminate standing water.

Clean rain gutters.

Clean pets' water bowls.

Slide six:

Dusk and dawn

Dress

Defend

Drain

Graphic = Community Preparedness Section emblem and the Texas Department of State Health Services logo