

West Nile Virus



Ways You Can Protect Yourself

Preventing West Nile virus begins with you. Follow the methods below to reduce your risk of developing the disease:

- * Use Environmental Protection Agency (EPA) registered insect repellent containing DEET, picaridin, IR3535, oil of lemon eucalyptus, PMD, or 2-undecanone. Always follow the directions on the label.
- * Wear long-sleeved shirts and long pants. Treat clothing and outdoor gear with permethrin for extra protection.
- * Limit outdoor activities between dusk and dawn when the mosquitoes that carry WNV are most active.
- * Install or repair screens on windows and doors. Use air conditioning if you can.

Mosquitoes can breed rapidly if the conditions are favorable. Help control the spread of mosquitoes by doing the following at home:

- * Remove standing water from items in your yard such as buckets, pots, tires, birdbaths, troughs, and trash containers at least once a week.
- * Keep pools clean and covered when not in use.
- * Maintain a well-trimmed yard.
- * Clean roof gutters and downspout screens.
- * Use insecticides and larvicides when applicable. Follow label instructions.



For more information on West Nile virus, you can visit the North Dakota Department of Health's website at www.health.nd.gov/wnv or call 800.472.2180.