Take Control
FIGHT the Bite!

Remember the “Four D’s” to defend yourself against West Nile virus.

DUSK/DAWN are the times of day you should try to stay indoors. This is when infected mosquitoes are most active.

DRESS in light-colored long sleeves and pants when you’re outside. For extra protection, you may want to spray thin clothing with repellent.

DEET (N, N-diethyl-m-toluamide) is an ingredient to look for in your insect repellent. Follow label instructions, and always wear repellent when outdoors.

DRAIN standing water in your backyard and neighborhood – bird baths, old tires, flowerpots, and clogged rain gutters. These are mosquito breeding sites.

If you have symptoms that include stiff neck, high fever, or severe headache, contact your health-care provider immediately.

Visit the Texas Department of State Health Services at www.dshs.state.tx.us for:
Frequently Asked Questions • Local West Nile Contacts
• Where has West Nile been Found in Texas? • West Nile Facts

City of Arlington
Community Development & Planning/Health Services
817-459-6502
www.arlingtontx.gov

Arlington
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Texas Department of State Health Services

ProtectTexas
Defend yourself against West Nile virus

Center for Disease Control www.cdc.gov