

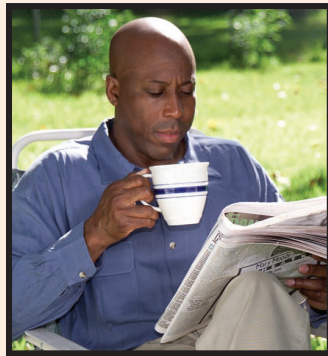


# BE MOSQUITO FREE

PREVENT. PROTECT. TAKE CONTROL.



## Remember the “Three D’s” to defend yourself against mosquito borne illnesses



**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](http://www.dshs.state.tx.us)

City of Arlington  
Planning & Development  
Services/Health Services  
817-459-6502  
[www.arlingtontx.gov](http://www.arlingtontx.gov)



**ProtectTexas™**  
Defend yourself against West Nile virus

Center for Disease Control [www.cdc.gov](http://www.cdc.gov)