

MOSQUITO PREVENTION INFORMATION

CITY OF PLANO HEALTH REMINDS YOU REMEMBER THE 4 D'S TO PROTECT 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 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 – old tires, flowerpots, and clogged rain gutters. These are mosquito breeding sites.

Fewer than 1 percent of those bitten by infected mosquitoes become severely ill. If you have symptoms that include stiff neck, high fever, or severe headache, contact your health-care provider immediately.