

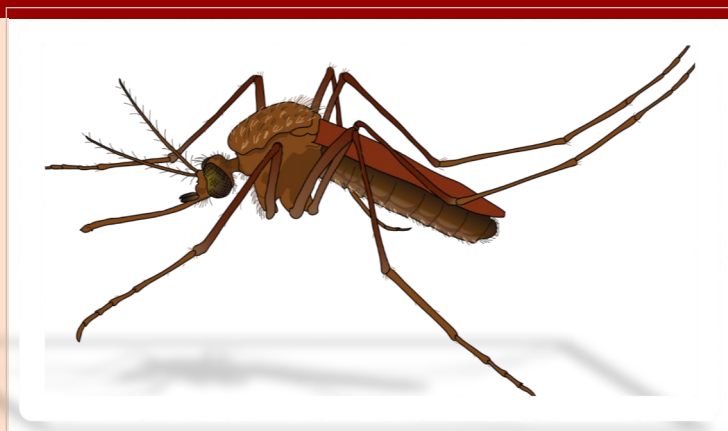
STAY HEALTHY THIS SUMMER

# Protect Yourself Against Mosquitoes

Mosquitoes can transmit diseases such as West Nile virus. Follow these simple steps to reduce your risks.

## Follow the 4 D's:

- ♦ **Drain** - Once a week, dump or remove containers that hold water; cover buckets and rain barrels. Properly maintain swimming pools.
- ♦ **Dress** - Wear long sleeved shirts and pants.
- ♦ **Dawn and Dusk** - Stay indoors during early evening and morning.
- ♦ **Defend** - Use insect repellents. Always read label directions. The most effective repellents will contain DEET, picaridin, IR3535, or oil of lemon eucalyptus. Reapplication may be necessary.



## What About Zika virus?

The main mosquito that transmits Zika, *Aedes aegypti*, has not been found in Lake or surrounding counties. Pregnant women should minimize travel to areas that have Zika.

For more information, visit: