

# Practice the **4 D S** to fight the West Nile virus.



- 1. At DUSK and DAWN**, stay indoors. This is the time of day that mosquitoes are most active.
- 2. DRESS** in long sleeves and pants, loose and light colored clothing when you go outside.
- 3. DEFEND** yourself by using insect repellent. Follow label instructions.
- 4. DRAIN** standing water in your yard. Empty all flower pots, bird baths, and wading pools.

**Call 311 to report standing water.**

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