



# FIGHT the BITE

and West Nile Virus



*“There was about three to four days where I had a real bad fever, just intense, with a pounding headache ... I would lose my equilibrium. I’d have to stop and regain my focus.*

*The rash, I woke up and I was itchy and I just couldn’t believe it. For three days I slept in the bathtub.”*

*John, Tilley*

## **Protect yourself**

**Wear an approved insect repellent (DEET recommended)**

**Wear a long-sleeved shirt and pants**

**Avoid outdoors at dusk and dawn**

**Clean your yard – mosquitoes breed in standing water**

**For more information visit [www.fightthebite.info](http://www.fightthebite.info) or call HealthLink at 1-866-408-LINK (5465).**