

Spring is finally here... beautiful blooming flowers... warm breezes ... and (buzzing sound & slap)---mosquitoes!

It's time to Fight the Bite! Protect yourself and your family from West Nile Virus and other illnesses carried by mosquitoes.

Try a few of these tips to eliminate standing water where mosquitoes breed:

- Get rid of old tires that hold water.
- Drill holes in the bottom of recycling bins to let water drain out.
- Empty kiddie pools and change the water in birdbaths at least twice a week.
- Cover boats and wheelbarrows.
- Use landscaping to eliminate areas where water collects.

Next, protect yourself and your children from mosquito bites by staying indoors at dawn and dusk when mosquitoes are most active. If you have to go out, wear light-colored, long-sleeved shirts and long pants. Plus, use an insect repellent containing DEET. Be sure to use repellents according to directions, and wash all treated skin and clothing when you go back inside.

Remember, avoid mosquitoes and you'll avoid West Nile Virus. Fight the Bite!

Brought to you by your local public health departments. For more information, visit [www dot m-a-r-c dot org slash westnile](http://www.m-a-r-c.org/westnile) or call your local health department.