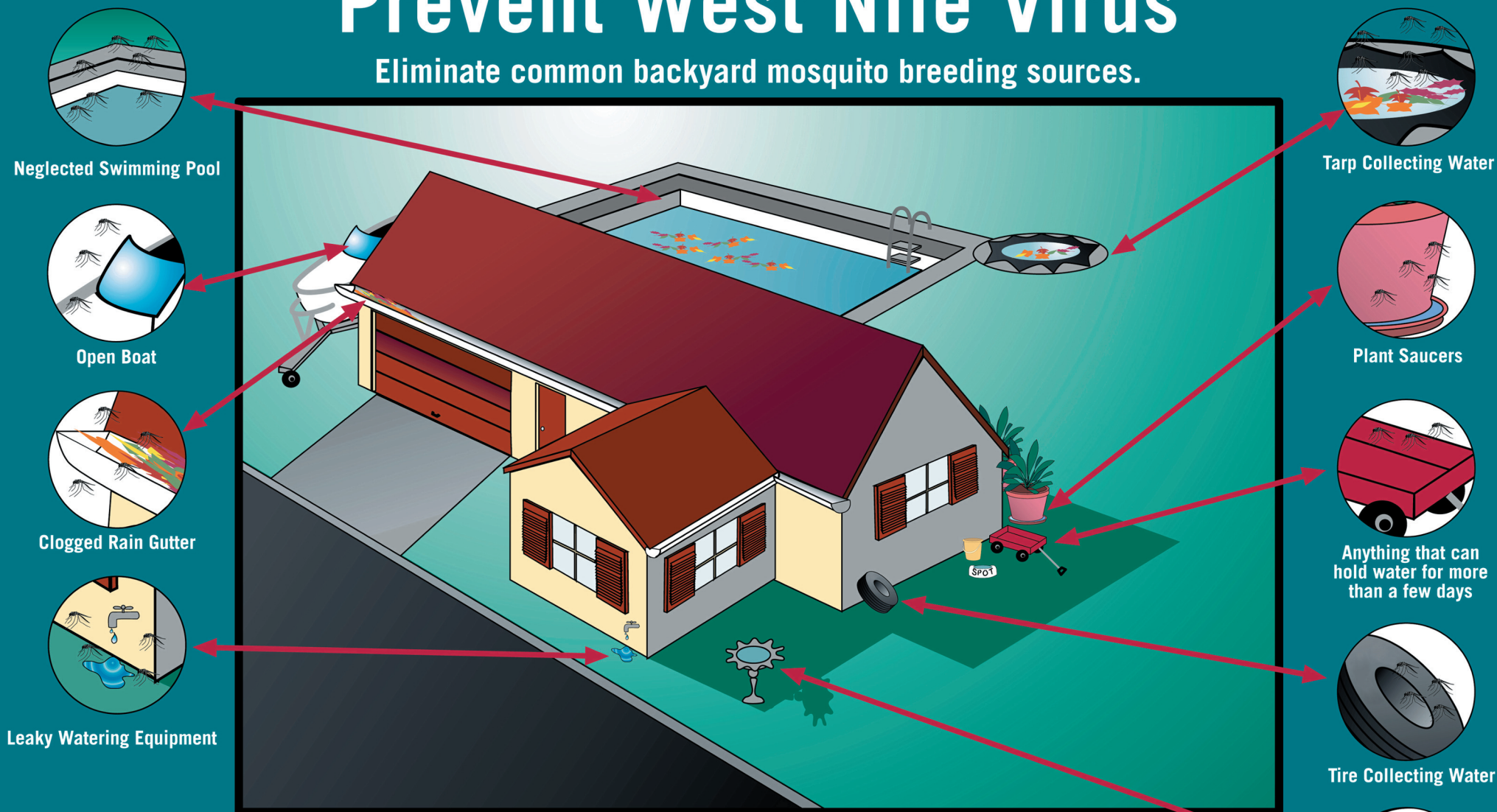


# Prevent West Nile Virus

Eliminate common backyard mosquito breeding sources.



## Protect Yourself from Mosquito Bites

- Wear long, loose and light-colored clothing
- Use insect repellent with the smallest percentage of DEET that protects for the length of time you are exposed to mosquitoes, but no more than 50% for adults and less than 30% for children
- Install or repair screens to be tight-fitting on windows and doors



**Ventura County  
Public Health**

West Nile Virus Infection Information:  
(805) 981-5201 [www.vchca.org](http://www.vchca.org)

Mosquito Control Information:  
Environmental Health (805) 654-2816  
[http://www.ventura.org/envhealth/  
programs/vector\\_control/](http://www.ventura.org/envhealth/programs/vector_control/)