



go ahead  
**the fight  
bite**

**You can protect yourself against West Nile virus and Eastern equine encephalitis**

- Wear long sleeves and long pants.
- Use repellent on skin and clothes.
- Take extra precautions at dusk and dawn.
- Use screens on your windows and doors
- Drain artificial sources of standing water where you live, work and play.

For more information about mosquito-borne diseases  
visit [www.mainepublichealth.gov](http://www.mainepublichealth.gov)

