



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