

Protect
yourself against
**West Nile
Virus**



If you are **50** and older you are at a greater risk!

Be aware of **peak mosquito** biting times from **dusk** to **dawn**.

Take extra care to use **repellent** and protective clothing during the **evening** and **early morning**.



Apply insect repellent to your clothing — See product label for application directions.

Protect yourself while outside — Walking, hiking, fishing, camping, golfing, gardening, boating.

Get double protection — Wear long-sleeved shirts and long pants during peak mosquito biting hours.

Be sure your tent or RV is mosquito-proof.

To learn more about West Nile Virus call (503) 731-4024, or Oregon's toll-free information line, 1-866-703-4636.

See our Web site at www.oregon.gov/DHS/ph/acd/diseases/w Nile/w Nile.shtml or go to www.cdc.gov

 **DHS**
Oregon Department
of Human Services

