

Mosquitoes, Diseases, and YOU!



You can protect yourself against
WEST NILE VIRUS and EASTERN EQUINE ENCEPHALITIS VIRUS by:

- ◆ Using Insect Repellent
- ◆ Wearing Long-Sleeved Shirts, Pants and Socks When Outdoors
- ◆ Installing or Repairing Window Screens
- ◆ Avoiding the Outdoors at Dawn and Dusk
- ◆ Draining Standing Water

For more information contact the
Maine Center for Disease Control and Prevention
(formerly Bureau of Health)
Department of Health and Human Services
www.MainePublicHealth.gov
1-800-821-5821



Sept 2009