



**Public Health**  
Prevent. Promote. Protect.

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**Montgomery County**  
Public Health District

## Prevention & Control of West Nile Virus

The most effective way to avoid West Nile virus disease is to prevent mosquito bites. Be aware of the West Nile virus activity in your area and take action to protect yourself and your family.

### Avoid Mosquito Bites

- **Use insect repellents when you go outdoors.** Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-menthane-diol products provide longer-lasting protection. To optimize safety and effectiveness, repellents should be used according to the label instructions.

More information about insect repellents can be found at [cdc.gov](http://cdc.gov)

- **When weather permits, wear long sleeves, long pants, and socks when outdoors.** Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or another EPA-registered repellent will give extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent on the skin under your clothing.
- **Take extra care during peak mosquito biting hours.** Take extra care to use repellent and protective clothing from dusk to dawn or consider avoiding outdoor activities during these times.

### Mosquito-Proof Your Home

- Install or repair screens on windows and doors to keep mosquitoes outside. Use your air conditioning, if you have it.
- Help reduce the number of mosquitoes around your home by emptying standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths on a regular basis.