



## Remember the "Three D's" to defend yourself against mosquito borne illnesses



**DRESS** in light-colored long sleeves and pants when you're outside. For extra protection, you may want to spray thin clothing with repellent.



**DEET** (N, N-diethyl-m-toluamide) is an ingredient to look for in your insect repellent. Follow label instructions, and always wear repellent when outdoors.



**DRAIN** standing water in your backyard and neighborhood – bird baths, old tires, flowerpots, and clogged rain gutters. These are mosquito breeding sites.

If you have symptoms that include stiff neck, high fever, or severe headache, contact your health-care provider immediately.

Visit the Texas Department of State Health Services at <u>www.dshs.state.tx.us</u>

City of Arlington Community Development & Planning/Health Services 817-459-6502 www.arlingtontx.gov







## Center for Disease Control www.cdc.gov