Prevent West Nile Virus
Eliminate common backyard mosquito breeding sources.

Protect Yourself from Mosquito Bites
- Wear long, loose and light-colored clothing.
- Use insect repellent with the smallest percentage of DEET that protects for the length of time you are exposed to mosquitoes, but no more than 50% for adults and less than 30% for children.

VDH VIRGINIA DEPARTMENT OF HEALTH
Protecting You and Your Environment
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