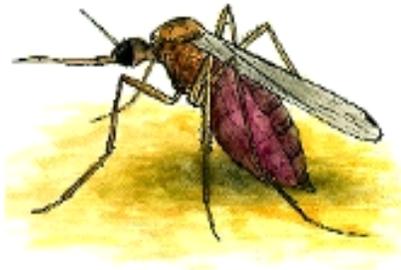


Protect yourself from  
**WEST NILE  
VIRUS**



## Infected mosquitoes carry the West Nile Virus and can transmit the virus to humans.

- **Use insect repellent** containing DEET on exposed skin. Follow instructions on the label and the website below, very carefully, especially for young children. Use concentrations of 30% or less.
- **Avoid being outdoors at dawn and dusk. Wear long pants and long-sleeved clothing if you must be outside at these times.**
- **Drain standing water** – clear gutters; empty buckets, kiddie pools, pool covers; drain birdbaths regularly; dispose of discarded tires; drill a small hole in the bottom of trash cans.
- **Install or repair screens** – keep those mosquitoes outside!
- **Report Dead Ravens, Crows and Blue Jays** to the Bureau of Health - 1-888-697-5846. These birds can carry the West Nile Virus. All birds reported will not be tested, but will be used for tracking purposes.
- **Pesticides are the absolute last option** for mosquito control.

For more information, visit <http://www.state.me.us/dhs/boh/ddc/westnile.htm> or call 1-207-287-5301.



City of Portland  
Health & Human Services Department  
Southern Regional Epidemiology Program