



go ahead  
**the fight  
bite**

**You can protect yourself against West Nile virus and Eastern equine encephalitis**

- ▶ Wear long sleeves and long pants.
- ▶ Use repellent on skin and clothes.
- ▶ Take extra precautions at dusk and dawn.
- ▶ Use screens on your windows and doors
- ▶ Drain artificial sources of standing water where you live, work and play.

For more information about mosquito-borne diseases visit **[www.mainepublichealth.gov](http://www.mainepublichealth.gov)**