

# Fight the Bite!



**Protect yourself from West Nile  
Virus and Eastern Equine Encephalitis by using these tips:**

- Use mosquito repellent containing DEET. Follow label instructions. Cover up when you're outside with long sleeves and long pants.
- Avoid time spent outdoors between dusk and dawn when mosquitoes are most active.
- Remove standing water so mosquitoes don't breed. Check around your home for flower pots, tires, and wading pools that might have standing water.
- Fix any holes in your screens and make sure they are tightly attached to doors and windows in your home.



For more information, call the Braintree  
Health Department at (781) 794-8090 or visit  
[www.braintreema.gov](http://www.braintreema.gov)

