



Upper Missouri District Health Unit

"Your Public Health Professionals"

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NEWS RELEASE

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For More Information Contact:

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West Nile Disease Prevention

West Nile Disease is a virus spread by mosquitos. The number one way to prevent West Nile Disease is to prevent mosquito bites.

To reduce the risk of being bitten by mosquitoes, the Upper Missouri District Health Unit recommends the following protective measures:

- Use insect repellent containing DEET, picaridin, IR 3535, oil of lemon eucalyptus or permethrin when outdoors. Always follow the directions on the manufacture’s label.
- Limit outdoor activities between dusk and dawn when mosquitoes are most likely to bite.
- When possible, wear long pants and long-sleeved shirts while outside.
- Eliminate stagnant water and leaf debris in containers around homes where mosquitoes can lay their eggs (e.g., buckets, flowerpots, old tires, wading pools and birdbaths).
- Keep mosquitoes from entering your home by repairing screens in windows and doors.
- Keep the grass around your home trimmed.
- Clean roof gutters and downspout screens.

For more information see our website www.umdhu.org or contact Daphne Clark, Upper Missouri District Health Unit, 701-774-6400 or 1-877-572-3763.