



**Bakersfield Composite Squadron #121**



**60-Second Safety Advisor #36**

### **Protection from the West Nile Virus**

As the areas affected by the West Nile Virus continue to grow, it is important to protect yourself from exposure by taking some simple precautions.

The most common mode of infection is mosquito bites. There are a few things you can do to reduce the risk of being bitten. First, it is important to use mosquito repellants containing DEET. Be sure to follow the directions on the product. Secondly, you can cover your skin with long sleeves, long pants and socks. It is also good to add to the protective barrier by applying a repellant with DEET to your clothing. Thirdly, eliminate standing water around your house. Water often accumulates and stagnates in buckets, planters, clogged drainage gutters, low areas in the yard, etc. These locations with standing water attract mosquitoes because it gives them a place to lay their eggs.

While you can be bitten by a mosquito any time of the day, their most active periods are around dusk and dawn, so it is wise to pay particular attention to mitigating the risks during those time periods. These simple precautions can go a long way in lowering your risk of exposure.

