



# Fight the Bite!

Reduce your Risk

Protect yourself and your family from mosquito-borne diseases such as West Nile Virus. **Help Fight the Bite!**

- When outdoors, use an insect repellent containing the chemical compound DEET, Picaridin or oil of lemon eucalyptus and apply as directed on the label. Do not allow young children to apply repellent to themselves; have an adult do it for them.
- If possible, wear long sleeved clothing and long pants when outdoors at dawn and dusk which are peak mosquito biting times.
- Place mosquito netting over infant carriers when outdoors with infants.



- Don't feed the storm drains. Sweep up lawn clippings, leaves and tree limbs from sidewalks and driveways.
- Remove/empty containers that can hold water such as flower pots buckets, tires, toys, and plastic swimming pools. Birdbaths and pet water bowls should be changed at least twice a week.
- Keep rain gutters clean and draining and repair any outdoor household leaks.

Harris County

**HCPHES**

Public Health & Environmental Services

HCPHES Mosquito Control  
3330 Old Spanish Trail  
Houston, Texas 77021  
713.440.4800

For more information visit [www.hcphe.org](http://www.hcphe.org)