

# Protect Yourself

## from West Nile Virus

*Personal protection is your best defense*

Spraying, larviciding, trapping and other measures  
CANNOT kill every mosquito!

### Mosquito Repellant and Protection Times

Product	Active Ingredient	Protection
Off! Deep Woods	24% Deet	5 hours
Sawyer Controlled Release	20% Deet	3.9 hours
Off! Skintastic	7% Deet	1.9 hours
Bite Blocker for Kids	2% Soy Oil	1.6 hours
Skin-So-Soft Bug Guard Plus	7% IR3535	23 min.
Natrapel	10% Citronella	20 min.
Green Ban for People	10% Citronella	14 min.
Buzz Away	5% Citronella	14 min.
Skin-So-Soft Bug Guard	0.1% Citronella	10 min.
Gone Original Wristband	9.5% Deet	0.3 min.

Source: Fradin, M.S. and J.F. Day; New England Journal of Medicine

### Defend yourself

- **Dawn and dusk** are when mosquitoes are most active. Limit exposure.
- **Dress** in pants and long-sleeved shirts.
- **Deet** – Use mosquito repellant whenever outdoors, even for short periods.
- **Drain** standing water weekly around home where mosquitoes can breed.