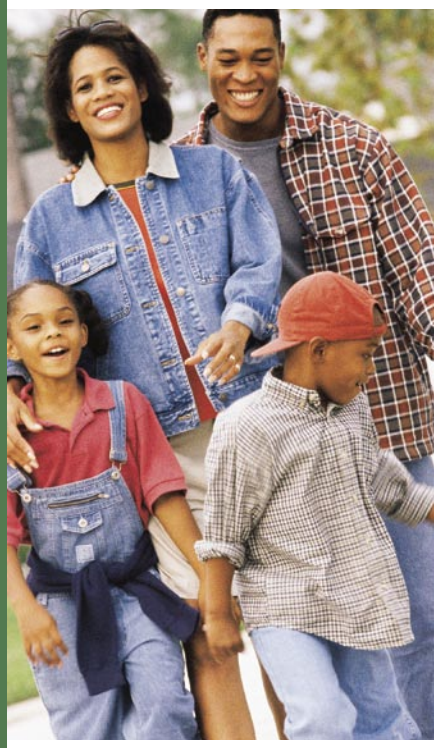
Mosquitoes, Diseases, and YOU!



You can protect yourself against WEST NILE VIRUS and EASTERN EQUINE ENCEPHALITIS VIRUS by:

- Using Insect Repellent
- Wearing Long-Sleeved Shirts, Pants and Socks When Outdoors
- Installing or Repairing Window Screens
- Avoiding the Outdoors at Dawn and Dusk
- Draining Standing Water

For more information contact the
Maine Center for Disease Control and Prevention
(formerly Bureau of Health)
Department of Health and Human Services
www.MainePublicHealth.gov
1-800-821-5821

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