West Nile Virus (WNV) is most commonly transmitted to humans by mosquitoes. You can reduce your risk of being infected with WNV by using insect repellent and wearing protective clothing to prevent mosquito bites. There are no medications to treat or vaccines to prevent WNV infection. Fortunately, most people infected with WNV will have no symptoms. About 1 in 5 people who are infected will develop a fever with other symptoms. Less than 1% of infected people develop a serious, sometimes fatal, neurologic illness.

The Ashe Center recommends that individuals prevent exposure to mosquito bites and West Nile virus by practicing the Four Ds:

**DEET**
Apply insect repellent containing DEET, picaridan, oil of lemon, eucalyptus or IR3535 according to label instructions. Repellents keep the mosquitoes from biting you. DEET can be used safely on infants and children 2 months of age and older.

**DAWN AND DUSK**
Mosquitoes bite in the early morning and evening so it is important to wear protective clothing and repellent if outside during these times. Make sure that your doors and windows have tight-fitting screens to keep out mosquitoes. Repair or replace screens with tears or holes.

**DRAIN**
Mosquitoes lay their eggs on standing water. Eliminate all sources of standing water on your property, including flower pots, old car tires, and buckets. If you know of a swimming pool that is not being properly maintained, please contact your local mosquito and vector control agency.

**DRESS**
Make sure to dress in long, loose, light-colored clothing whenever possible to avoid allowing mosquitoes direct contact with your skin, preventing potential bites.