

To reduce exposure to mosquitoes and the diseases they carry such as West Nile Virus (WNV) and Eastern Encephalitis (EEE),

please

# Practice the 5 D's

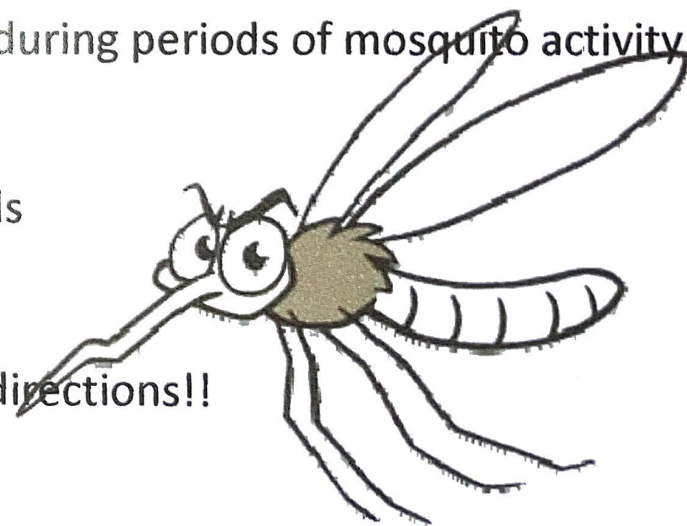
of mosquito protection

**D**ress in long sleeves and pants when possible. Cover up during periods of mosquito activity.

**D**awn & **D**usk are mosquitoes most active periods

**D**EET is an effective repellent. Please follow label directions!!

**D**rain water from containers weekly - don't grow your own mosquitoes!!



For more information please  
contact us at (508) 393-3055



**FIGHT THE BITE**

help prevent mosquitoes  
[www.cmmcp.org](http://www.cmmcp.org)