One bite. One life changed forever. Protect yourself.

“The hardest thing is pretending I’m well in front of my children.” - Shelley Bailey

West Nile Virus Alert

Remember the four Ds:

• Use **DEET**-enhanced insect repellent
  (2% soy-based, organic products also available)
• **DRESS** in long sleeves and pants
• Avoid the outdoors from **DUSK** until **DAWN**
• **DRAIN** standing water outside your home

**BITTEN:**
August 2003, at her home in Niwot

**EFFECT:**
Shelley was hospitalized twice when first infected with West Nile Virus, and still suffers from vision problems, difficulty concentrating, joint pain, and weakness in her arms and legs.

Boulder County Public Health
www.bouldercountymosquito.net
Hotline 303.441.1460