

# 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](http://www.bouldercountymosquito.net)

**Hotline 303.441.1460**