

PERSONAL PROTECTION INDEX

4 D's of Defense

DRAIN:

Drain those items that collect standing water around your home, yard or business. Scrub and refill pet water dishes and bird baths regularly.

DEFEND:

Use an insect repellent containing DEET when outdoors and reapply according to directions.

DRESS:

Wear long pants, long sleeves and closed toe shoes when outside to cover the skin.

DAWN & DUSK:

Wear repellent if outdoors during these prime times for mosquito activity.

Risk Level*	Definitions	Prevention Tips
 NONE	Off season, mosquitoes not active, climate not favorable for Culex species.	None required
 REMOTE	Low numbers of active mosquitoes, climate not favorable for development of virus.	Drain
 LOW	Localized abundance of active mosquitoes, climate conditions favorable for development of virus.	Drain, Defend
 MODERATE	High numbers of infected mosquitoes in most areas, at least one confirmed human case.	Drain, Defend, Dawn & Dusk
 HIGH	Multiple confirmed human cases in DuPage County.	Drain, Defend, Dawn & Dusk, Dress

* Adapted from: Association of State and Territorial Health Officials (ASTHO). Before The Swarm: Guidelines for the Emergency Management of Mosquito-Borne Disease Outbreaks--A Project of the Mosquito Control Collaborative; July 2008 (page 19). Available at www.cdc.gov/ncidod/dvbid/westnile/resources/BeforetheSwarm.pdf. Accessed 6/4/13.