



**WELLNESS NOW**

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## **OKC•COUNTY HEALTH DEPARTMENT SAYS FIGHT THE BITE!**

The Oklahoma City-County Health Department experts say mosquito season is typically from May to November. Mosquitos are known to carry diseases including the West Nile virus, Chikungunya and some types of encephalitis. In Oklahoma, the West Nile virus is the predominant mosquito borne disease. West Nile Virus can be transmitted primarily through the bite of an infected mosquito.

Individuals in Oklahoma County can reduce their risk of contracting the West Nile virus by getting rid of standing water around houses and by using insect repellent. Here is a simple way to remember how to “Fight the Bite” using the 4 D’s of mosquito safety:

1. DRAIN standing water on your property so mosquitoes won’t breed
2. Use insect repellent that contains DEET on your clothes
3. Stay indoors at DUSK and DAWN when mosquitos are most prevalent
4. DRESS in long sleeves and pants and spray repellent on your clothes.

\*For more information on terms and different types of West Nile Virus infections:  
<https://www.occhd.org/FightTheBite/WNVFAQs>

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