

# One bite. One life changed forever. Protect yourself.



*“West Nile Virus turned my favorite sport into one of the hardest things I’ve ever done.”*

**Cody Kinney**

## 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:**

July 4th weekend, at a barbeque in Lafayette

### **EFFECT:**

A high school student in Lafayette, Cody has found his favorite activities are a lot harder to enjoy since being infected. In addition to battling muscle weakness and exhaustion, Cody suffers from difficulties concentrating. When asked to share his thoughts with Boulder County, Cody says it best: *“I never thought it could happen to me – but it did. People need to protect themselves.”*

West Nile Virus doesn't just affect the young and the elderly. No matter how healthy or active you are, you are at risk. And one out of every five who are infected will suffer a debilitating illness that can last a lifetime — or even cause death. Take action and protect yourself all summer.



**BOULDER COUNTY**  
**Public Health**

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

**Hotline 303.441.1460**