

One bite. One life changed forever. Protect yourself.



“In only a couple days, I went from having a bright and alert mind to not being able to understand either written or verbal communications.”

Michael Paquin

BITTEN:

July 2003,
sitting on his deck
in Louisville

EFFECT:

Because of West Nile Virus, Michael has had to go on disability – putting his career on hold while he concentrates on healing. Michael’s symptoms have made it impossible for him to take his young kids on the hikes and ski trips they love. Michael says, *“I’m sure they feel rejected by these things, but I try to make it up with activities I can do.”*

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

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

Hotline 303.441.1460