

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:

July 2003,
at her home in Niwot

EFFECT:

Shelley was hospitalized twice after contracting West Nile Virus. Although back at work now, she still has to deal with vision problems, joint pain, difficulty concentrating, and weakness in her arms and legs. With two young children to care for, Shelley says, *“It takes everything I have to pretend I’m back to normal.”*

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