



Dallas County Health and Human Services reminds everyone that West Nile Virus (WNV) Season in Dallas County is from April through November.

Remember to help protect yourself and your family by following the **4D's**.

Defend by using the 4D's

**DEET:** When outside, use DEET insect repellents or other EPA approved products per instructions

**Dress:** Wear long, loose and light-colored clothing outside

**Drain:** Remove all standing water in and around residence

**Dusk & Dawn:** Limit outdoor activities at these times, when WNV mosquitoes are most active



WNV is a mosquito-borne disease spread to people by an infected mosquito bite. It was first reported in the US in 1999 and in Dallas County in 2002. The most severe years for WNV in Dallas County were 2012, 2016, and 2020.

Because WNV is endemic within DFW and there is variation in the severity of WNV from year-to-year, Dallas County:

- Conducts **regular, year-round, and thorough** surveillance throughout the county
- **Responds quickly** when mosquitoes from a trap are positive for WNV
- Encourages **all residents** to practice personal protection from mosquito bites

The Centers for Disease Control and Prevention states that the best way to prevent mosquito-borne disease like West Nile Virus is by preventing mosquito bites. This can be accomplished through community-based Integrated Mosquito Management programs and by personal protection behaviors, such as

- **Mosquito-avoidance.** Health officials may recommend residents avoid outdoor activities when mosquitoes are most active and high virus activity levels have been detected.

- **Use of personal repellents.** CDC recommends using EPA-registered insect repellents or covering up with long-sleeved shirts and long pants when outside.
- **Removal of residential mosquito sources.** Once a week, residents should empty, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.

Mosquito bites can be avoided simply by not going outdoors when mosquitoes are biting, and recommendations to avoid outdoor activity when and where high virus activity levels have been detected are a component of prevention programs

Content source: [Centers for Disease Control and Prevention](#)