



# Choctaw Nation Fights the Bite!

Follow the 3-D's to Protect Yourself at Home

## Drain Standing Water

Standing water is the perfect breeding ground for mosquitos to lay their eggs and reproduce. Dump out water from tires, flowerpots, chairs, or any other container that might be holding water. Remember to check around the home after heavy rainfall to identify any containers that may be holding water!



## Dress Appropriately to Protect Yourself

While spending time outdoors, wear long pants, long-sleeved shirts, and socks with closed-toed shoes to help prevent mosquito bites!



## Defend Yourself Using Insect Repellents

Always use an EPA-Registered insect repellent when spending time outdoors. Many EPA-registered repellents contain DEET, which is safe and effective for adults and children when used as directed. Remember to reapply insect repellent as needed when sweating or spending extended-time outdoors.



For More Information Visit:  
[WWW.CHOCTAWNATION.COM](http://WWW.CHOCTAWNATION.COM)