

**REDUCE EXPOSURE TO MOSQUITOES AND DISEASES THEY CARRY WHEN WORKING OUTDOORS**

# **PRACTICE THE 5 D'S**

**D**RESS IN LONG SLEEVES AND PANTS WHEN POSSIBLE. COVER UP DURING PERIODS OF MOSQUITO ACTIVITY.

**D**AWN & **D**USK ARE MOSQUITOES MOST ACTIVE PERIODS.

**D**EET IS AN EFFECTIVE REPELLENT. FOLLOW LABEL INSTRUCTIONS.

**D**RAIN WATER FROM CONTAINERS.



The City of  
**WORCESTER**



Public Health  
Prevent. Promote. Protect.



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