

According to the CDC, diseases transmitted by mosquitoes, ticks, biting flies, fleas, gnats, no-see-ums and other biting insects are becoming or growing into major public health problems. Today, Lyme disease, encephalitis, malaria, dengue fever, Rocky Mtn spotted fever, West Nile Virus and others are found in nearly every state, and the number of reported cases is growing annually.



HOW TO PREVENT MOSQUITO BITES

- Apply insect repellent
- When possible, wear long-sleeved shirts and long pants
- Consider staying indoors at dawn, dusk, and in the early evening, which are peak mosquito biting times.
- Place mosquito netting over infant carriers when you are outdoors with infants
- Install or repair window and door screens so that mosquitoes cannot get indoors

ELIMINATE BREEDING AREAS

- Dispose of tin cans, plastic containers, ceramic pots, discarded tires or similar water-holding containers
- Make sure roof gutters drain properly
- Clean and chlorinate swimming pools, outdoor saunas and hot tubs. If not in use, keep empty and covered. Drain water from pool covers
- Turn over wheelbarrows and change water in bird baths at least twice weekly.

HOW LONG DOES THE BUG SEASON LAST?

Until the first frost in any area, ticks and mosquitoes remain active and can transmit diseases to humans. Mosquitoes are most active from April thru October in the U.S. In some states biting insects are active year round.

10 TIPS FOR AN ITCH-FREE SUMMER OF OUTDOOR FUN

1) USE REPELLENT. Like sunscreen, insect repellent is an outdoor essential. Apply the proper insect repellent to clothing and any uncovered skin.

2) BE PREPARED. Always carry repellents in your car's glove compartment or your tackle box, backpack or beach bag. Even the best repellents won't protect you when they are left at home.

3) COVER UP. Cover your skin as completely as possible. Wear shoes, long sleeves and long pants with the cuffs tucked into socks.

4) BE COLOR CONSCIOUS. Wear khaki or neutral colors.

5) USE GOOD SENSE ABOUT SCENTS. Avoid using scented soaps, lotions and shampoos - bugs and bees are attracted to heavy scents.

6) AVOID SPOTS POPULAR WITH BUGS.

Mosquitoes: like cool, moist places. Avoid stagnant pools of water whenever possible.

Flies: tend to hover around animals and sweets;

Black flies: are attracted to dark, moving objects;

Hornets: nest in trees and bushes;

Yellow jackets: are drawn to food and generally nest in the ground.

Bees: appear to sting when the weather is gray rather than when the sun is out.



7) PICK THE RIGHT TIME OF DAY.

Black flies: are more prevalent in the morning

Mosquitoes: tend to bite at dawn and twilight

Deerflies: are prevalent at midday.



8) KID SAFETY. Children are vulnerable to bug bites because of their size. They are closer to the ground and to flowers and plants and are thus easier targets. Make sure they are protected with proper clothing and with insect repellents that are appropriate to children. **For kids we recommend an insect repellent that has NO DEET.**

9) CHECK FOR BITES. Upon returning indoors, check your children, yourself and your animals for bites and ticks.

If you find a tick:

- 1) Grasp its head with tweezers and pull straight up.
- 2) Clean the area with hydrogen peroxide.
- 3) Keep a look out for a "bull's-eye" rash (a red ring with a white center) at the site of the bite
- 4) If you start to have flu-like symptoms visit your physician.



10) DON'T SCRATCH. Impetigo, a common disease among children that can spread through the whole family, usually begins when a child scratches a bug bite or other small break in the skin.

If a bug bite does occur, quickly apply an insect bite treatment such as Tender's After Bite, the top-selling product of its type.

Protecting yourself and your family against harmful, dangerous diseases is as simple as following the few, common sense prevention strategies explained in this brochure.