

Fight the Bite

1. Wear long sleeve shirts and pants to keep from getting bitten.
2. Use nets and screen doors to keep the bugs from getting into your house.
3. Don't scratch bug bites if you can help it so it doesn't get infected.
4. Avoid going outside during early in the morning and late at night to avoid mosquito feeding hours.
5. Drain all standing water to stop mosquito breeding.
6. Don't walk in tall grass to keep from getting ticks.



If you follow these rules you will avoid getting:

Mosquitos	Ticks
Malaria	Lyme Disease
Yellow Fever	
West Nile Virus	



I'm so glad I used DEET containing bug spray.



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