

Prevent Tick and Mosquito Bites

Use **Insect Repellent***:

- Follow product label instructions
- Apply sunscreen first, repellent second
- Do not use on young babies

*Natural remedies are also available options



Use **Permethrin** on items like boots, pants, tents

- Do NOT apply to skin
- Do NOT apply to clothing while it's being worn
- Wash Permethrin-treated clothes separately

Wear **long-sleeved shirts and pants**

- Check clothes for ticks when you come home
- Tumble dry clothes on high heat for 10 min to kill ticks
- Shower after being outdoors
- Check body thoroughly for ticks

Resources: www.cdc.gov/zika/prevention/prevent-mosquito-bites.html
www.cdc.gov/features/stopticks/