

# Fight the Bite!

Protect yourself against tick and mosquito bites. These bugs may carry diseases that can make you sick.

## DON'T

Do this stuff

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Don't breathe repellents

Don't spray your face

Don't spray repellents on cuts, burns, or rashes

Don't put repellents on little kid's hands.

Use repellents containing DEET and always follow label directions.

Spray repellents when outdoors

Wear light colored clothes

Wear long-sleeve shirts and long pants

Stay indoors during dawn and dusk

Wash off repellents when you go indoors.



Adapted from New York State Department of Health

