

Get outdoors but don't get bit!

Avoid bug bites with a few simple steps

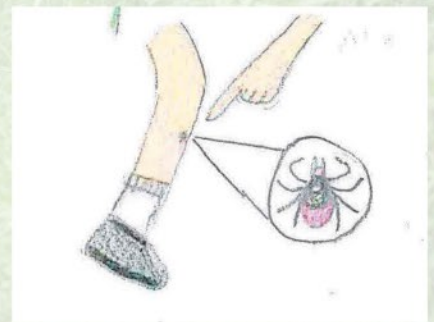
1. Pretreat clothing and gear with permethrin



2. Choose a bug spray with an EPA Reg. Number
(And always follow the product label!)



3. Check yourself for ticks at the end of the day



Watch for symptoms like a rash, fever, and aches after being outdoors. See your doctor if you get sick.

To find a repellent that's right for you,
visit www.health.state.mn.us

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