**DON’T LET THESE SUCKERS RUIN YOUR SUMMER!**

- **Wear bug spray** when you go outside
- **Keep them off:** wear long sleeves, pants, and socks
- **Keep them out:** keep screens on doors and windows closed to keep mosquitos outside and away from you
- **Don’t let them lay eggs:** empty or cover things around your home that hold water

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**NO SUCKERS**

Most mosquito bites are just itchy, but some can give you harmful diseases - like Zika.

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**Traveling?** In tropical areas, mosquitoes can spread diseases like:

- Zika
- Dengue
- Malaria
- Chikungunya

Zika can also be **sexually transmitted**. If you or your boyfriend or girlfriend travel to Central or South America, Africa, or South and Southeast Asia, stay safe: **use condoms**.

See cdc.gov/zika for a full list of Zika-affected areas.
Stop Ticks!
Don’t let these suckers ruin your summer!

Ticks carry Lyme disease and other germs that can make you sick. Here’s what you need to know:

When you go outside:
• Put bug spray with DEET on your skin and your clothes.
• Stay away from tall grass, weeds, and woods - that’s where ticks live. When you’re in parks, stay on the trails.

When you come back inside:
• Check for ticks on you and your pets. Remove any ticks as soon as possible!
• Take a shower or bath to wash off ticks.
• Kill ticks in the dryer: put your outside clothes and gear in on high heat, for 10 minutes.

Go to the doctor if you have:
• A fever
• Muscle aches
• A rash on your skin

Keep ticks out of your neighborhood - and stay healthy!

City of Philadelphia
DEPARTMENT OF
PUBLIC HEALTH
Division of Disease Control
www.phila.gov/health