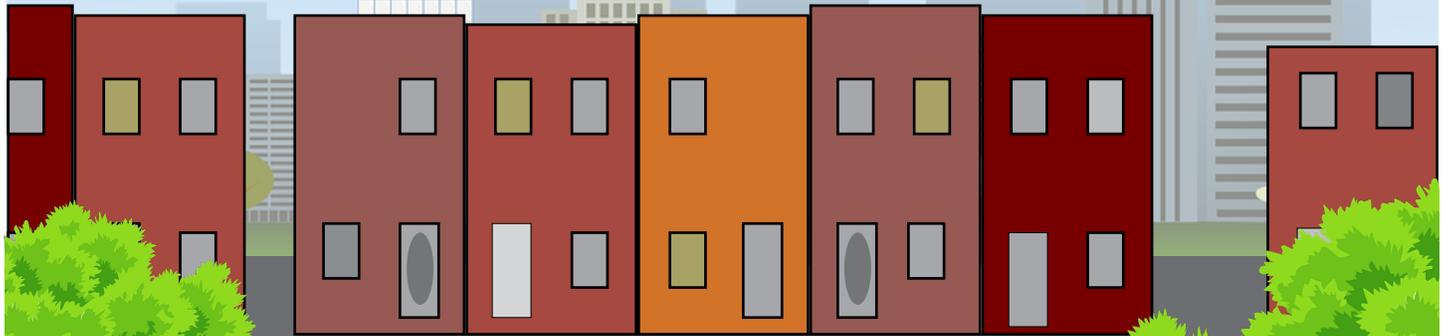




FIGHT THE BITE

Keep these suckers out of Philly!

Most mosquito bites are just itchy, but some can give you diseases. Don't let these suckers ruin your summer break!



Use bug spray. When you go outside and it is warm, ask an adult for bug spray.

Cover up. If it's not too hot, wear long sleeves, long pants, and socks.

Keep mosquitoes out. Remind adults to keep screens on doors and windows, and to keep them closed.

Dump water. Help your family empty anything near your home that holds water. That's where mosquitoes lay eggs.



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Stop Ticks!

Ticks are tiny crawling bugs that are common in Philadelphia. Some can spread germs like Lyme disease that can make you sick.

Don't let a tick get you sick:

Spray your skin with bug spray

Treat your clothes with bug spray

Only play on park paths and trails - ticks live in tall grass

Put outdoor clothes and gear in the dryer on high heat to kill ticks

Take a shower or bath after being outside, to wash off ticks

Inspect your pet for ticks

Check yourself for ticks after being outside

Keep your pets on tick prevention medicine

Show an adult if you think you have a tick bite or a rash



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