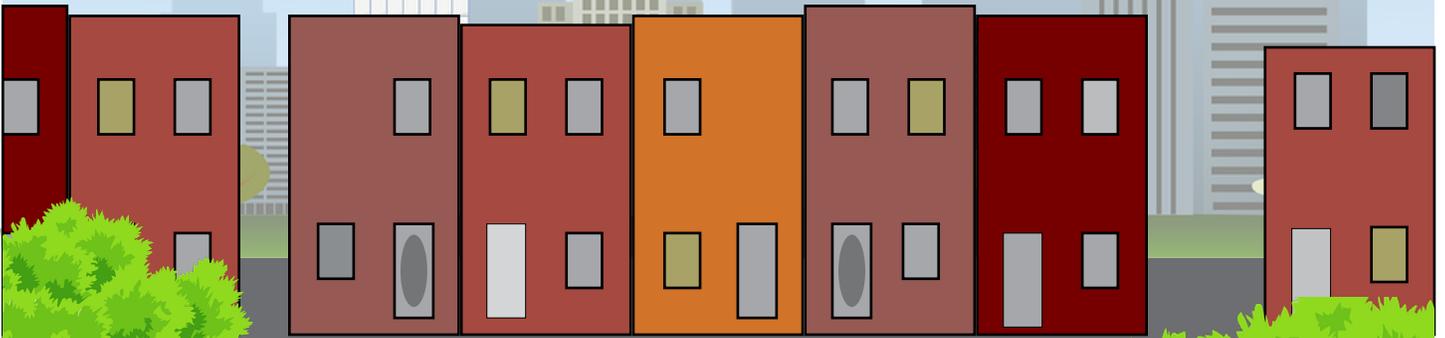




FIGHT THE BITE

Stop mosquitoes. Stay healthy this summer.

Mosquitoes are common when the weather is warm. Most mosquito bites can just be itchy but some spread germs that make you sick.



Use bug spray. Ask a grown-up to put some bug spray on you before you play outside.

Cover up. Wear long sleeves, long pants, and socks to prevent bites.

Keep mosquitoes out. Remind grown-ups to keep screens and doors closed.

Dump water. Help your family empty anything near your home that holds water. It will help stop mosquito problems.



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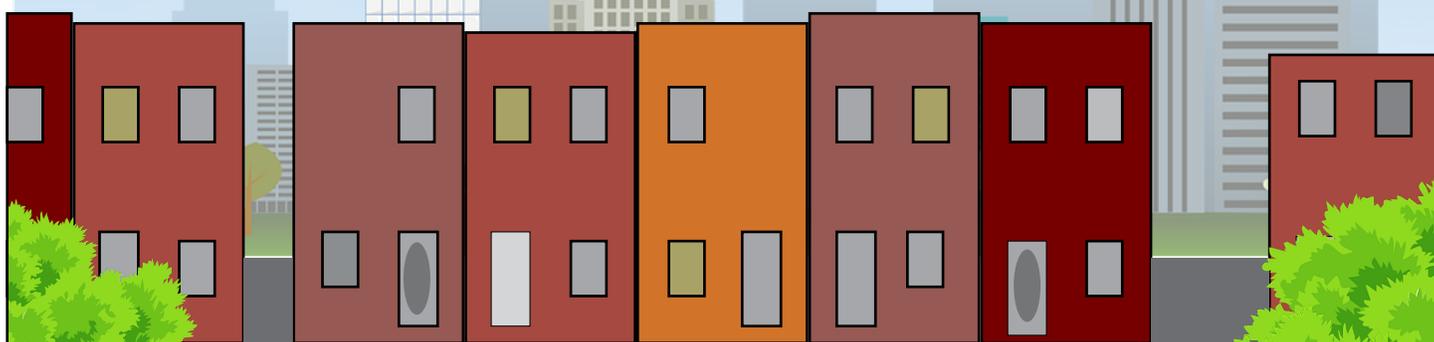
www.phila.gov/health



Stop Ticks!

Don't let a tick get you sick

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



When you go outside:

- Ask an adult for bug spray.
- Stay out of tall grass and woods, where ticks live.

When you come back inside:

- **Check for ticks:** have a parent check you and your pets after you've been outside.
- **Get clean:** take a shower or bath soon after being outside, to wash off any ticks.



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