

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



NO SUCKERS

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

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.



City of Philadelphia
**DEPARTMENT OF
PUBLIC HEALTH**
Division of Disease Control

www.phila.gov/health



Stop Ticks!

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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!



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