

SAFETY - BUG SAFETY

Summer is a wonderful season but mosquitoes and other biting insects can be not only annoying but dangerous to your health. Bugs can be carriers of disease so precautions need to be taken. Mosquitoes can carry West Nile Virus and ticks can be carriers of Lyme disease, both serious illnesses. Bees, fleas, and spiders are additional insects with possibly hazardous bites. To avoid these risks, follow safety rules.

1. Use insect repellent to protect yourself and your family against insect bites.
2. Follow usage directions carefully when using repellent, particularly regarding usage for children.
3. Do not apply excessively and spray outdoors or in a well-ventilated area.
4. Spray areas of exposed skin and clothing.
5. Do not spray directly on your face. Spray hands and apply it to your face using hands.
6. Wash off repellent when you no longer are in biting location.
7. Watch for sensitivity to repellent and call for medical advice if necessary.
8. Do not spray on children's hands because they tend to put their hands into their mouths.
9. Wear light-colored clothing, not bright colors.
10. Avoid perfumes and scented soaps.
11. Make sure your window and door screens have no holes and are fit tightly.
12. Eliminate areas of standing water around your home, areas which can be breeding places for mosquitos like clogged gutters, planting pots with standing water in them, bird baths, low-lying ground areas prone to puddles, etc.
13. Avoid being outdoors during dusk to dawn if possible since this is the time when biting insects are most active.
14. Turn over plastic wading pools when not being used.
15. Check yourself and family members for ticks before bed.