Get outdoors but don’t get bit!

Avoid bug bites with a few simple steps

1. Pretreat clothing and gear with permethrin

2. Choose a bug spray with an EPA Reg. Number
   (And always follow the product label!)

3. Check yourself for ticks at the end of the day

Watch for symptoms like a rash, fever, and aches after being outdoors. See your doctor if you get sick.

To find a repellent that’s right for you, visit www.health.state.mn.us