

# Get outdoors but don't get bit!

Avoid bug bites with a few simple steps

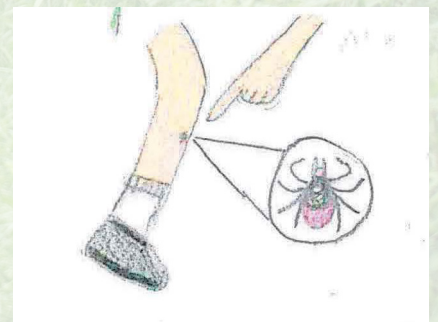
**1.** Pretreat clothing and gear with permethrin



**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](http://www.health.state.mn.us)

**m** DEPARTMENT  
OF HEALTH