

PROTECT AGAINST MOSQUITOES & TICKS



PRACTICE THE 4 Ds: MOSQUITO PROTECTION



1. DRAIN

Drain standing water from items around your home, yard, and business.



2. DEFEND

Use an EPA registered insect repellent when outdoors. Make sure door and window screens fit tightly with no holes.



3. DAWN TO DUSK

Protect yourself from morning to night, especially during prime times for mosquito activity.



4. DRESS

Wear long sleeves, pants, and close toed shoes when outdoors to cover your skin.

PRACTICE THE STEPS: TICK PROTECTION



1. DRESS

Wear long sleeves, pants, and closed toe shoes when outdoors to cover your skin.



2. DEFEND

Use insect repellent when outdoors and avoid tick habitats.



3. CHECK

Check your entire body for ticks after being outdoors, including your children and pets.



4. REMOVE

Use fine-tipped tweezers to promptly remove ticks.

For more protection tips, visit FightTheBiteNow.com



LakeCounty

Health Department and
Community Health Center

