

HEADING OUTSIDE?



BUGS-BE-GONE!



- Use an (EPA)-registered insect repellent to repel mosquitos and ticks
- Always follow product instructions
- Mosquitos are most active during dusk and dawn - they are most likely to carry diseases from July to September.

CHECK FOR TICKS

- Check clothing and skin carefully during *and* after being outdoors
- Check your pets!
- If you develop flu-like symptoms (such as fever, chills, sweats, headache, body aches, loss of appetite, nausea, or fatigue), see your doctor!

DRESS TO PROTECT

- Wear light colored clothing, long sleeves, and long pants
- Create a 'tick barrier' by tucking pants into socks and shirts into pants



HEALTH RESOURCES

- Call Mass 211 at 2-1-1 or 877-211-6277.
- Call the Mayor's Health Line at 617-534-5050.

