

## What's the Deal with Bug Spray? Worry less about some things that are bugging you



No one wants to worry all the time, but with Lyme disease, Eastern Equine encephalitis and other diseases spread from ticks or mosquitoes, it's hard not to. Kids should play outside, but how can we protect them?

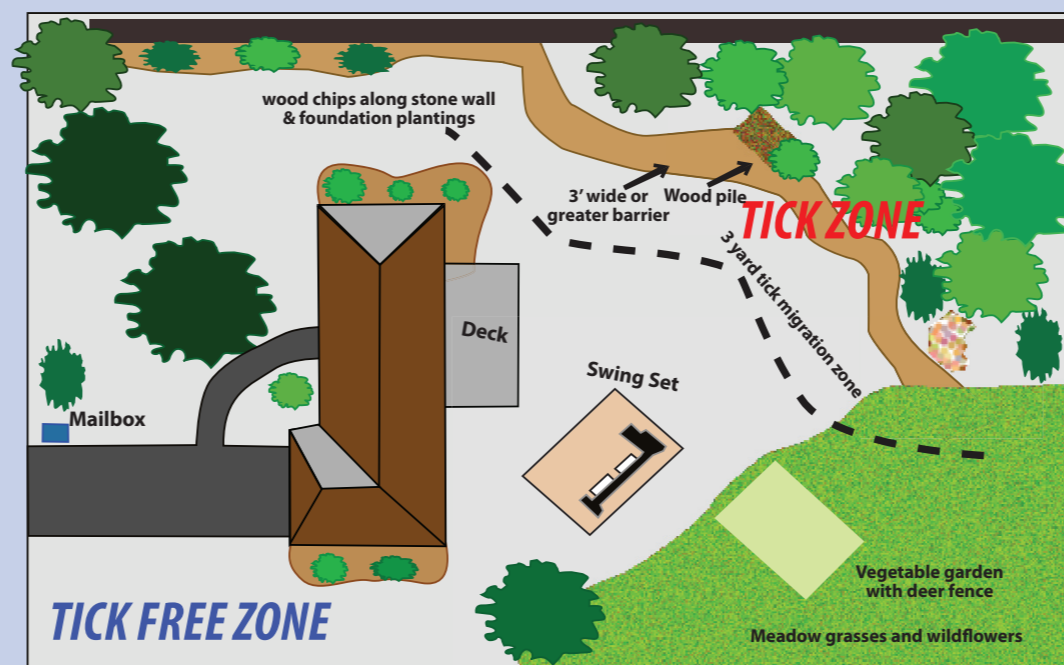
**Reduce the bugs.** Cutting grass and "tick safe landscaping" can help reduce ticks in your yard. Also make sure you're not giving mosquitoes a place to lay their eggs. Dump out standing water in your yard, and encourage neighbors to do the same.

**Use repellent.** Really. The American Academy of Pediatrics says it's alright to use repellent with up to 30% DEET on children over 2 months old. CDC recommends using repellent with DEET, picaridin as well as oil of lemon eucalyptus or IR3535 (these latter 2 are considered "bio-pesticides") against mosquitoes and DEET against ticks. The risk of disease from mosquitoes and ticks is very real, and so much higher than the more issues raised about repellents. Use common sense and follow directions when using these products.



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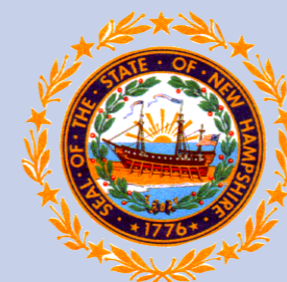
Also check out **permethrin-treated clothing**. You can purchase permethrin and treat clothes yourself or look for the already-treated items. The permethrin is integrated into the fabric, and good through many washes. EPA has approved for kids and adults. An easy way to increase protection every day, at home or away at school or camp.



### Tick-Safe Landscaping

Using mulch barriers and keeping greenery under control in the more frequently used parts of your yard can help reduce exposure to ticks.

For more information contact the  
New Hampshire Department of Health and Human Services  
603-271-4496 or [www.dhhs.nh.gov](http://www.dhhs.nh.gov)



# Bug News for Kids And Grown-Ups Too



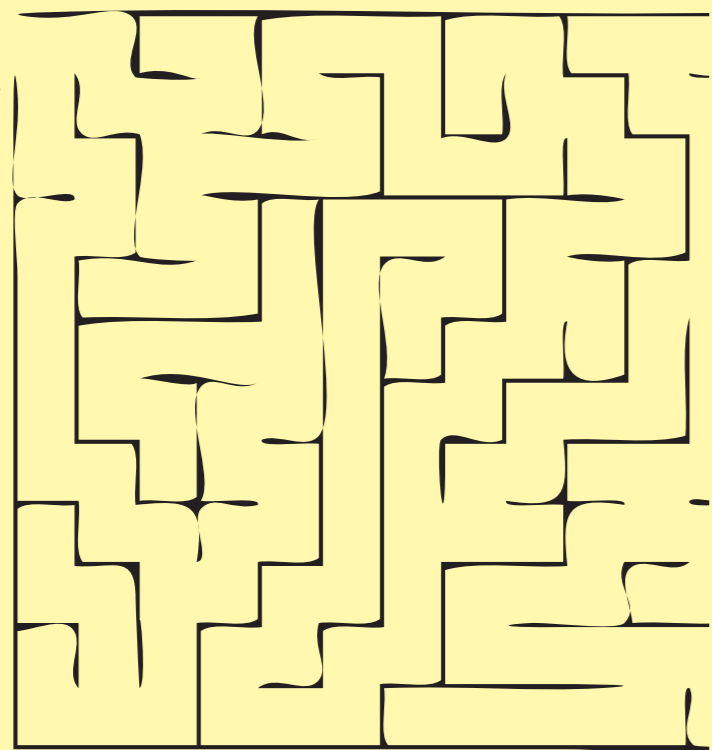
Every year mosquitoes and ticks make kids and adults sick, right here in New Hampshire.

Learn more about how to reduce the bugs around you and protect yourself from tick and mosquito-spread diseases.

Hi kids.  
I'm Marty the Moose. Did you know that ticks and mosquitoes can carry germs that can make you really sick when they bite you? The good news is there are things you can do to stop these bugs from bothering you.



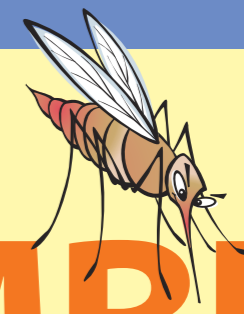
Can you find your way from the mosquito to your home to get bug repellent?



# Practice The 6 "Ds"

1. Use bug spray with **DEET** in them to keep mosquitoes and ticks from biting you. Have an adult help you put on bug spray before you go outside to play.
2. **DRESS** in long pants and long-sleeve shirt when you can. Wear light colors to make ticks easier to see.
3. Check yourself often for ticks while outdoors. Have an adult help you do a tick check at the end of the **DAY**. Adults can remove any attached ticks using pointy tweezers.
4. Help adults check **DOOR** and window screens. Make sure there are no tears in them so mosquitoes stay outside.
5. **DUMP** out standing water in your yard. Mosquitoes like to leave their eggs in even a little bit of water.
6. Help adults **DO** away with ticks by removing old leaves and mowing tall grass. Ticks like to hide under leaves and in tall grass.

# WORD SCRAMBLE:



Can you help me unscramble these words????

1. CTSIK \_\_\_\_\_
2. LLEPERTNE \_\_\_\_\_
3. TESZEWER \_\_\_\_\_
4. RSSENEC \_\_\_\_\_
5. IMOQOSTSUE \_\_\_\_\_
6. SALLARGST \_\_\_\_\_

Word Bank:

tall grass, mosquitoes, ticks, screens, repellent, tweezers

# PICTURE MATCH

Can you show me what a tick and mosquito look like? Draw a "T" over the tick and an "M" over the mosquito.

