

## BUGS ARE A BUZZ KILL

Bugs cannot bite you, if they cannot find you



- Wear light-coloured long-sleeved shirts and pants, and a hat.
- Use an insect repellent that contains DEET.
- Try staying indoors at dawn and dusk, when mosquitos are most active.
- Check all windows and door screens; repair any holes.
- Check for ticks after walking through vegetation; if you find one, remove it appropriately as soon as possible.
- Additional resources available at [Alberta Health Services](#).

Questions? Contact Safety & Research Compliance at [safety.services@uleth.ca](mailto:safety.services@uleth.ca)