

# Use Insect Repellents Safely!

## Dress to REPEL!

### Don't do this Stuff

### Do THIS Stuff

Don't put it on Cuts, Sunburns or Rashes!

Don't Spray your Face!

Don't Breathe Repellents!

Wear Light-Colored Clothing!  
(so you can see bugs and ticks and remove them)

Follow the Directions  
Spray only Outdoors!

Wash off Repellent when You Go Indoors!

Wear a Long-Sleeved Shirt and Long Pants!  
Tuck Pants into Socks!

Don't put it on Little Kids' Hands!  
Don't Use it under Clothes!