

# Protect yourself from summer pests



Summer is a time to relax, enjoy the outdoors, and spend more time with friends and family. But it's also the season when bugs like mosquitoes, ticks, and bees are more active. These pests can carry diseases or cause allergic reactions, so it's important to take steps to protect yourself and your loved ones.

## These simple tips can help you stay safe:



### Use insect repellent

Choose a product with DEET, picaridin, or plant-based lemon eucalyptus oil. Follow the directions on the label and avoid getting it in your eyes or mouth.



### Wear protective clothing

Long sleeves, pants, and socks can help protect you, especially in wooded or grassy areas.



### Check for ticks

After spending time outdoors, check yourself, your kids, and pets for ticks. Look behind ears, under arms, and around the waist.



### Be aware of standing water

Mosquitoes breed in still water. Empty flowerpots, birdbaths, and kiddie pools regularly.



### Stay calm around bees

If a bee comes near you, don't swat at it. Move away slowly.



### Use citronella candles

They help repel mosquitoes and other bugs.



### Keep food covered

When eating outside, cover food and drinks to avoid attracting insects.



## What to do if you get bitten or stung by a bug

- ✓ First, clean the area with soap and water.
- ✓ Then use ice and anti-itch cream to help with any swelling or itching.
- ⓘ If you have trouble breathing, feel dizzy, or your throat tightens, get emergency help right away.

## We're here to help

Reach out to us for guidance and resources.



Call • Email • Message • Live Chat

 **HealthAdvocate**<sup>SM</sup>

We're not an insurance company. Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider. ©2025 Health Advocate HA-M-2401066-1FLY