

# Outdoor Living

## Be Prepared When You're Outside

(NAPSA)—For many people, two things that really take the fun out of the outdoors are insect bites and sunburn. Now you can fight both these menaces at once.

Bug bites are not just annoyances; mosquitoes can transmit malaria or West Nile virus, and ticks can cause Lyme disease or Rocky Mountain spotted fever. These insects are drawn to humans by our scent and by the carbon dioxide we exhale. Insect repellents camouflage you, so the insects don't know you're there.

Sunscreen is vital in its own way. Wearing sunscreen protects your skin by preventing damage from ultraviolet light. It works in at least one of two ways. Organic ingredients such as octyl methoxycinnamate absorb damaging UV radiation and dissipate it harmlessly as heat. While your skin may be warm to the touch, this prevents the redness and peeling of sunburn. In addition, compounds containing metals such as zinc—a vital nutrient—reflect sunlight. For best results, sunscreen should be applied 20 minutes before you go outside.

One line of products blends these two functions. It combines an effective, non-greasy insect repellent that is completely DEET-free and protects skin for hours



**It can be easy to protect yourself from both bugs and burns.**

against mosquitoes, deer ticks, black flies, gnats and other pests with SPF 15 sunblock to help you avoid the sun's damaging rays.

This combination insect repellent and sunblock, Avon's Skin-So-Soft Bug Guard Plus, is available in convenient aerosol spray, moist towelettes and lotions. The spray can be great for family activities such as hiking and even swimming. The water-resistant formula doesn't have to be washed off after use. The towelettes are great for people on the go, providing neat, easy application of sunscreen and insect repellent.

You can get either product from an Avon representative, by calling 1-800-FOR-AVON or online at [www.avon.com](http://www.avon.com).