



Our Insect Enemies



Say Bye-Bye To Bug Bites

(NAPS)—A growing number of people are saying bye-bye to bug bites while taking the sting out of sunburn at the same time. Here are some sensible tips from experts at Avon, the company that makes Avon Skin-So-Soft Bug Guard Plus IR3535® Moisturizing Sunblock Lotion. The DEET-free product offers consumers proven and effective insect repellency in addition to SPF protection.

For worry-free protection when outdoors, remember these tips:

- Birdbaths, pools, the base of flower pots, any standing water, is a breeding ground for mosquitoes. Be sure to change the water in these containers at least once a week.

- When you are seeking the shade on a hot day be aware that most biting bugs—mosquitoes, flies and ticks—enjoy the shade just as you do.

- Evening and dawn are peak times for flying insects. In addition, the dim light during these hours makes it more difficult to spot the little pests and the tendency to turn on artificial light actually attracts the bugs. Make sure your skin is sufficiently covered during these times.

- Brush and grassy areas attract bugs, especially ticks. When outdoors and hiking, take care to keep on trails and away from the areas with dense foliage and brush.

- Your shoes, socks, clothing, hair and behind your ears are all areas where ticks can hide. Inspect yourself thoroughly after being outside.



Think twice about seeking shelter in the shade on a hot day. Most biting bugs—mosquitoes, flies and ticks—enjoy the shade just as you do.

- Eliminate the chances of attracting mosquitoes and increase the ability to spot tiny ticks by wearing light clothing.

- Breeze and wind can knock flying bugs off their flying track. Try to stay in areas where the air can flow.

- Use outdoor candles or build a safe fire if you are outdoors during dusk or at night. Smoke is an effective mosquito repellent.

- Guard yourself, when possible, with long pants and a long sleeve shirt. Tuck pants into socks and tuck your shirt into your pants.

- Stop them in their tracks! Always apply a comprehensive insect repellent before going outside. Check the label—some brands contain DEET. Avon Skin-So-Soft-Bug Guard Plus is DEET-free and its gentle formula is suitable for family use.