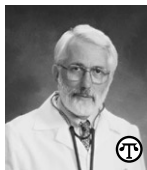


Our Insect Enemies

Give Bugs The Boot

(NAPSA)—Outdoor experts say it's easy to have fun in the sun without being bugged by insects.

According to Dr. William Forgey, a practicing family physician and avid outdoorsman, knowledge is the key to getting bugs to buzz off.



Dr. William Forgey

“Creating a bug free environment is pretty simple, as long as you know what you need for the situation,” says Dr. Forgey. He recommends the following tips to stop bugs from taking a bite

out of your family:

- **The Great Outdoors.** Campers and outdoor enthusiasts can tell bugs to take a hike by using certain types of repellent. Forgey recommends a clothing repellent known as permethrin. He says campers should pretreat their clothes and sleeping gear with the repellent to provide weeks of protection (even after multiple washings). When the substance is used collectively by a number of campers, its effects multiply, helping to create a “bug-free” zone.

In addition, Forgey says, you may need a controlled-release repellent for all-day protection and a broad-spectrum repellent with R326 to protect against biting flies.

- **The Backyard.** When the weather heats up, many people are out all day long—so are mosquitoes and ticks. Forgey recom-



The right repellents can help parents protect their kids from outdoor insects and pests.

mends a long-lasting, controlled release repellent. These repellents are lotion-based, waterproof, and usually last all day.

- **The Playground.** “In my 30 years of practice,” says Forgey, “permethrin has proven to be the safest way to protect infants and children from insect bites and disease.” He says it’s a good idea to treat strollers, clothing and other materials with permethrin the day before they will be worn or used.

To help parents protect their families, wherever they may roam, Forgey recommends products such as the Sawyer Family Protection three-pack. “A set like this takes the guesswork out of protection by including a permethrin spray, broad spectrum spray and controlled-release lotion—everything a person needs to keep insects from being a pain in the neck,” he said.

For more information, visit www.docforgey.com.