Health and Wellness Tip of the Week

Week 24 – June 10, 2019

Keep Mosquitos Away

Summer can be a fun time full of adventures and outdoor activities. With warmer months, come more mosquitos. Protect yourself and your children from these pesky insects.

Here are a few helpful tips for children and babies when putting on bug spray.

- Always follow instructions
- Don't use bug spray on babies younger than two months old
- Don't put bug spray on a child's hands, eyes, mouth or cut
- Don't use products containing "OLE" or "PMD" on children under three years old

Summer is a time to enjoy the great outdoors. Keep your kids safe from bug bites!

Source: Centers for Disease Control and Prevention

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Our mission is to promote health awareness and encourage healthy lifestyles.

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