

Safety Tip

4 Tips To Avoid Bug Bites

AFRH

Safety Office reminds you that Summer is a time for having fun outdoors. Unfortunately, you and your family aren't the only ones having fun outside.

Bugs—and bug bites—increase dramatically in the summer months. Although most bug bites are harmless, some bugs can spread dangerous diseases.



To help prevent bug bites, stay safe with these tips.

1. Use insect repellent

According to the EPA, using insect repellent can prevent mosquitoes, ticks, and other bugs from landing on you and biting you. Make sure to follow the product instructions. If you're also using sunscreen, apply your sunscreen first, let it dry, and then apply insect repellent.

2. Wear appropriate clothes

If you know you're going to be out at night or hiking in woody areas, dress appropriately to prevent bug bites. Cover exposed skin as much as possible by wearing long-sleeved shirts, long pants, and hats.

3. Take steps to control insects inside & outside your home

Sleep in places that are air conditioned or screened against bugs. If you'll be sleeping outdoors, use a mosquito net to protect against insects. "Choose a mosquito net that is compact, white, rectangular, with 156 holes per square inch, and long enough to tuck under the mattress," says the CDC.

4. If traveling, pay attention to local risks and outbreaks

Different regions and countries pose different risks. For example, it's good to know which bugs are common in areas you're visiting and what diseases they spread.

Sometimes, despite best efforts, bug bites still happen. Fortunately, you can safely treat most bug bites and stings at home. However, if you experience any serious symptoms after a bug bite, such as a rash, fever, or body aches, you can contact the Military Health System Nurse Advice Line for advice.

Remember that some activities, such as hiking, camping, and working with animals, can increase your encounter with bugs and risk for bug bites.

Prevention is key to keep you safe and healthy.

Monday, June 22, 2026