

# Keep Bothersome Bugs At Bay This Summer

(NAPSA)—Although Americans can't wait for longer evenings and the sunnier weather of summer, they're already dreading the downside of the season—buggy, muggy days and nights.

Last year, Americans got an average of 120 mosquito bites from Memorial Day to Labor Day. So it's no surprise that those pesky insects were ranked one of summer's top nuisances along with humidity and heat in a recent survey conducted by Impulse Research Corporation.

To help beat the bugs this summer, there's OFF! Botanicals Insect Repellent, a plant-based personal insect repellent that offers the protection families count on from the brand.

"Having the right protection for your family can make the difference between a great summer and an irritating, uncomfortable one," says Dr. Jennifer Trachtenberg, pediatrician and mother of two. "New OFF! Botanicals Insect Repellent is a great solution for moms who have been looking—and asking—for a plant-based repellent for their families."

## Help is at hand

The best way to make sure mosquito bites don't eat up your summer fun is to carry insect repellent with you on all of your outdoor excursions, said Dr. Trachtenberg. Simply toss it in your backpack, beach bag or purse to make sure your family's protected wherever you go.

OFF! Botanicals Insect Repellent uses a unique, plant-based formula containing a new ingredient that duplicates the repellent naturally occurring in lemon eucalyptus oil. This new formula is combined with a fragrant lotion to create an effective insect repellent that also feels good on the skin.

"Picking an insect repellent you actually like is important," Dr. Trachtenberg said. "If you don't like it, you're most likely not going to use it as often as you should."

In addition to outdoor excursions, don't forget potential everyday exposure to mosquitoes during yard work or evenings hanging out on the patio. Dr. Trachtenberg sug-



**Plant-based insect repellents are a natural way to keep bugs at bay this summer.**

gests keeping a bottle of insect repellent by your front or back door as a reminder. Other ways to keep mosquitoes at bay include:

- Using protective screening and netting whenever taking infants outside.
- Keeping the family inside when mosquitoes are most prevalent, such as at dusk, when there is high humidity, or when the air is still.
- Wearing long-sleeve shirts and loose-fitting pants when going outside during peak mosquito times.
- Eliminating standing water in bird baths, kiddie pools, etc.

## More summer survival tips

After bug bites, Americans' top summer nuisances are humidity and heat.

"All of these nuisances can turn into serious problems and really put a damper on your summer if you're not prepared," Dr. Trachtenberg said. "The good news is that spending just a little time planning means you can enjoy the rest of the day—and summer—without problems."

Start by putting together a summer survival kit that travels with you. Include water, OFF! Botanicals Insect Repellent, sunscreen, a hat with a brim and a thin, long-sleeved T-shirt or light windbreaker. Stave off dehydration by taking a drink every time you think of it.

For more information and tips on when and where to use mosquito repellents, visit the Web site at [www.mosquitoes.com](http://www.mosquitoes.com).