You can stop the cycle

You probably know that insects spread diseases to people, but did you know that YOU can spread diseases to insects?



Stop the cycle in your community! Protect yourself from insect bites.

- Use EPA-registered repellents for flies, biting flies, or biting midges.
- Wear loose-fitting, long-sleeved shirts & pants when outdoors.
- Use fans to help blow biting midges away when outdoors.
- Use window and door screens with mesh small enough (20x20) to keep biting midges out.

