



Lewis & Clark Discover Life Along the Missouri River

**"THE TICKS & MUSQUITERS
ARE VERY TROUBLESOME."**

~ Journal of William Clark, 1804

For protection against ticks and mosquitoes on their journey across Missouri, the men of the Corps of Discovery covered their bodies with bear grease by day and slept under mosquito netting at night.

You can do better than bear grease

Insect repellents containing DEET help you avoid the irritating bites from ticks and mosquitoes, and protect you against the diseases these insects can carry, like Rocky Mountain spotted fever and West Nile virus disease.

Discover
INSECT REPELLENT WITH
DEET



Be Smart When You Explore the Great Outdoors

DEET insect repellent can help keep insects away while you work and play outside all day.

- DEET is the most effective insect repellent available and it's very safe to use, even for children and pregnant women, when you follow label directions.
- Use just enough insect repellent to cover exposed skin. You can apply it to clothing, such as trouser legs. It is not necessary to use a heavy application. Check the label for length of protection.
- Mosquitoes are most active at dawn and dusk or when there is heavy cloud cover and high humidity. So don't forget your DEET!

Discover

INSECT REPELLENT WITH
DEET

**"MUSQUITERS SO THICK & TROUBLESOME
THAT IT WAS DISAGREEABLE AND
PAINFUL TO CONTINUE."**

~ Journal of William Clark, 1804

Missouri Department of Health & Senior Services

www.dhss.mo.gov/WestNileVirus

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