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**Scratching Bug Bites May Sting Your Summer Fun**

**By Dr. Brian Aw, M.D., and C.C.F.P. (courtesy of News Canada)**

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Dr. Brian Aw is a general practitioner, specializing in travel medicine.

For tips on bug bite prevention and product information visit:

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## **Keep The Bugs At Bay**

**By Dr. Brian Aw, M.D., and C.C.F.P. (courtesy of News Canada)**

As a family physician, I recommend the following tips for a bug free summer.

**Stay Scent-Free.** Avoid using scented soaps, lotions and shampoos.

**Meal Time.** Be alert to the time of day when certain insects are most active such as dawn and twilight.

**Check Point.** Upon returning indoors, check your children and yourself for bites.

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