

FREE: Chigger Prevention Guide

14 tips to avoid chigger bites

Personal Protection

1. Wear long pants and long sleeves
2. Tuck pants into socks
3. Apply DEET repellent to skin and clothing
4. Use permethrin-treated clothing
5. Shower within 1-2 hours of exposure

Yard Management

6. Mow lawn regularly
7. Remove brush and tall weeds
8. Eliminate rodent habitats
9. Keep play areas sunny and dry

Avoidance

10. Stay on cleared trails
11. Avoid sitting on grass or logs
12. Don't walk through tall vegetation

After Exposure

13. Wash clothes in hot water
14. Apply anti-itch cream if bitten



Need Professional Help? Call Romex Pest Control today!

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