

NEWSLETTER



PMR
HEALTHCARE
SINCE 2005

August 2026

Special Summer Topic: Bug Bites

01

Use Repellents

Use insect repellent safely & according to label instructions to help prevent mosquito bites. Choose EPA-registered repellents, as they are tested for safety. Avoid contact with eyes, mouth, and broken skin, and reapply only as directed.



Ouch! That's A Bug Bite- But Is It Bad?

As the weather warms up, spending time outdoors also means greater exposure to mosquitoes, ticks, and other biting insects. While many bug bites are simply an itchy nuisance, some can lead to allergic reactions, skin infections, or transmit illnesses such as Lyme disease, Rocky Mountain spotted fever, and West Nile virus. Protect yourself using the methods described in this newsletter.

Did you know? Most bug bites can be treated at home, but it's important to contact your primary care provider if you develop a spreading rash, severe swelling, increasing pain, pus or signs of infection, fever, flu-like symptoms, or if you discover a tick that may have been attached for an extended period. Early evaluation and treatment can prevent more serious health complications and help you recover quickly.

02

Prep Your Yard

Practice safe outdoor habits by removing standing water, maintaining clean yards. Wearing protective clothing and staying consistent can further lower your risk of bites. ***Stay healthy and informed-Contact PMR Healthcare!***

03

Keep It Covered

Protect yourself from insect bites by minimizing skin exposure and choosing light-colored, loose-fitting clothing outdoors. Use screens on windows and doors to keep insects out of indoor spaces. Consistent prevention help reduce bites and improve safety.

Have Your Kiddos Used The Clinic Yet?

As a reminder – all children on the health plan are welcome to make appointments at the clinic! Sick visits, wellness visits, age-appropriate physicals, school/sport physicals, and more for free!

GET PAID TO PROTECT YOUR HEALTH!

All patients who get an annual wellness physical in 2026 have the chance to **win up to \$150!** See our website for more details, + call to schedule your appointment!

New patients are automatically entered into a **MONTHLY** drawing for a **\$25 Amazon gift card!** Send your family today!