

▪ **MOSQUITOES** There are 200 species of mosquitoes in the United States, says Ralph Williams, an entomologist at Purdue University in West Lafayette, Indiana. The kind of mosquito that can transfer the West Nile virus—the *Culex* genus—is more prevalent in the later part of the summer. Although your chance of being sickened by the virus is low, you should try to avoid being bitten, if only for comfort's sake. **PREVENTION:** Mosquitoes usually feed early in the day, and at dusk. If you're outside then, use repellent containing DEET, picaridin, or oil of lemon eucalyptus. **TREATMENT:** StingEze, available at most pharmacies, works great to get rid of an itch. Or make an X on the site of the bite with your fingernail. This relieves the urge to scratch without tearing off your skin.



PREVENTION: Vacuum them up like dust balls. To make vacuuming them easier, darken the room and turn on one light. When they gather at it, suck them up. **TREATMENT:** None required. These beetles only give a small pinch and don't spread disease. Don't squish them; they emit a foul odor and a fluid that can stain walls. >> on 238



Sunny Style



Sun hats are a classic sight at the beach, but dermatologists say they should be seen more in the garden, on the golf course, and at the playground too. That's because nearly 80 percent of all skin cancers first appear on the face and ears, says Dr. Martin A. Weinstock, chair of the American Cancer Society's Skin Cancer Advisory Group.

The Skin Cancer Foundation recommends a hat with a minimum 2¼-inch brim all the way around the crown. A hat's fabric is important too, says Patricia Cox Crews, a textile scientist at the University of Nebraska-

Lincoln and a leader in establishing standards for sun-protective clothing. If a hat is labeled as "sun protective," the label will include an ultraviolet protection factor (UPF) rating similar to sunscreen's sun-protection factor (SPF). Most sun-protective hats are made of nylon or tightly woven cotton fabrics and have UPF ratings ranging from 15 to 50+. A rating of 50+ is best if you're going to be outside all day. Some we've tried and like:

- At over 5 inches wide, the nylon St. Lucia, *top*, has one of the broadest brims on the market, making it great for all-day outings. \$55; 800/950-1916; www.imperialheadwear.com.
- The St. Tropez hat for kids, *second from top*, is made of cotton canvas. It reverses to a floral fabric. There's also a matching St. Tropez hat in Mom's size. \$38 and \$55, respectively; Physician Endorsed; 866/449-9997; www.physicianendorsed.com.

THE RIGHT WAY TO APPLY DEET

DEET is considered safe when used as directed but many people don't apply it properly. Here's how:

- Read labels and follow directions carefully.
- Choose products that have 10 percent or less DEET.
- Apply repellent to young children; never let them do it themselves.
- Never use repellent on a child's face or palms.
- Don't reapply more than necessary. Even products with low concentrations of DEET are effective for up to 90 minutes.
- Treat only exposed skin.
- Have children bathe or shower before going to bed.

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