



Summer Wellness Tip

Preventing Mosquito Bites

SCL Physicians-Occupational Medicine

SCL Physicians-Occupational Medicine is a one stop shop for your workers' compensation injury care and employee testing (pre-hire or annual employment exams) needs in the Denver Metro area. If you have any questions regarding our services or would like to speak to us about setting up an account, please reach out to Jerad Degenhart at 303-272-0755. Our wellness tip of the week is preventing mosquito bites.

Avoid fragrance that includes hair, aftershave/perfumes, deodorant when going out doors. Insect repellent is available in spray, wipes –apply frequently. Be sure it includes the chemical DEET ((N, N-diethyl-3-methylbenzamide).

Most popular time of day for bites is early morning and late in the day.

Even bodies covered in clothing; still need the repellent as insects have a way of getting into clothing. Did you know that mosquitos can carry diseases such as West Nile and Zika viruses? The CDC (Centers for Disease Control) has urged to avoid mosquito bites because of the risks and health effects caused by these and many other diseases.

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