






Effective Ways To Prevent Spider Bites During Pregnancy





Wear long-sleeved clothing



Use insect repellents, such as Picaridin or DEET, on clothing and footwear





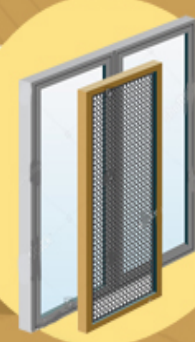
De-clutter your home



Avoid areas where spiders may be present



Install mesh screens on doors and windows



Vacuum and dispose of spider webs and spiders regularly

