

BYE BYE BUG BITES

Bites from ticks, mosquitos, and other insects can cause vector-borne illnesses. Examples of vector-borne illnesses include Lyme Disease, Rocky Mountain Spotted Fever, West Nile Virus, Dengue, Malaria, and more.



MOSQUITOS

Almost everyone has been bitten by a mosquito. Mosquitoes can spread pathogens (germs) through bites.

Tips for preventing mosquito bites:

- Follow the prevention tips listed above.
- Avoid areas with stagnant water, which can be a breeding ground for mosquitoes.
- Check your yard for standing water to remove the source. Standing water may be found in buckets, old tires, and clogged gutters.

What to do if you are bitten by a mosquito:

- Avoid scratching the bites.
- Apply anti-itch cream.
- Monitor the bite, and visit your doctor if you notice changes or become sick.

The best protection is prevention!

To prevent insect bites:

Use insect repellent that contains DEET.

Wear long-sleeve shirts, pants, and hats to reduce exposure.

Permethrin-treated clothes and footwear offer extra protection.



TICKS

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

Tips for preventing tick bites:

- Follow the prevention tips listed above.
- Tuck pants into socks to reduce exposure.
- Wear light-colored clothing so that you can see ticks on your clothes and remove them before they bite.
- Stay on trails. Ticks thrive in grass and wooded areas.
- Shower as soon as possible after being in areas where ticks may be present and check your body for ticks.

What to do if you are bitten by a tick:

- Remove the tick immediately using thin-tipped tweezers.
- Grab the tick as close to the skin as possible.
- Firmly pull it straight up until it releases.
- Wash the area with soap and water, and apply antiseptic.
- Monitor the bite site, and visit your doctor if you notice changes or become sick.

Parents and Pet Owners:

Check your children and pets thoroughly.



Follow the QR code for more **Tick** information.



Follow the QR code for more **Mosquito** information.