

Protect Yourself!

- ▶ Limit outside activity during evening, night, and dawn hours when mosquitoes are most active.
- ▶ Cover your skin with light-colored clothing to minimize the opportunity for mosquitoes to bite you. Wear long-sleeved shirts and pants with socks.
- ▶ Use effective mosquito repellants when outdoors and mosquitoes are biting.
- ▶ Repellants containing DEET are proven effective. FOLLOW LABEL INSTRUCTIONS CAREFULLY!
- ▶ Products containing 10% or less DEET are recommended for children.
- ▶ Use mosquito netting for infants instead of DEET. Netting is another option for those who prefer not to use repellant.



Diseases Spread By Mosquitoes

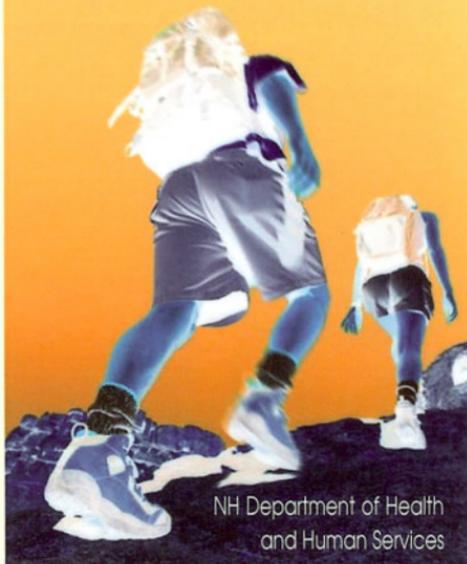
Mosquitoes can transmit Eastern Equine Encephalitis, St. Louis Encephalitis, West Nile Virus and other illnesses. Symptoms vary by disease, but West Nile, the most common mosquito-borne illness in NH, can cause fever, headache, body aches, and in severe cases neurological problems.

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Photos by James Gathany, CDC

NH Department of Health and Human Services
Bureau of Communicable Disease Control
800-852-3345 ext. 4496
603-271-4496
www.dhhs.nh.gov

Preventing Mosquito and Tick Bites



NH Department of Health
and Human Services



American Brown Dog Tick



Black-Legged Tick ("Deer Tick")



Lone Star Tick

Avoiding Tick Bites

- ▶ Stay on trails outdoors; avoid areas of overgrown brush and tall grasses.
- ▶ Wear light-colored clothes so ticks can be easily seen.
- ▶ Wear a hat, long-sleeved shirt and long pants tucked into boots or socks.
- ▶ Check yourself often for ticks.
- ▶ Use insect repellent containing DEET or permethrin (follow directions).

Is It A Tick Bite?

- ▶ **Spider Bite** - Several fluid-filled bumps appear at the site of the bite.
- ▶ **Tick Bite** - The bite is hard, itchy, and forms into lumps. A red, rash-like halo surrounds the bite and then slowly spreads outward.

Removing An Attached Tick

- 1 Remove the tick promptly. The sooner you remove it, the less chance of infection.
- 2 Use tweezers to grasp the tick's mouthparts at the surface of the skin.
- 3 With a steady motion, gently pull the tick straight out.
- 4 Wipe the bite area with an antiseptic, or wash with soap and water.
- 5 Be alert for symptoms of illness over the next 7-10 days.

- ▶ **DO NOT** squeeze the tick.
- ▶ **DO NOT** rub petroleum jelly on the tick.
- ▶ **DO NOT** use a hot match or cigarette.
- ▶ **DO NOT** pour kerosene or nail polish on the tick.

Diseases Spread By Ticks

Ticks can transmit Babesiosis, Ehrlichiosis, Rocky Mountain Spotted Fever, and Lyme Disease. Symptoms vary by disease, but Lyme Disease, the most common tick-borne illness in NH, causes a rash at the bite site, joint pain, fever, chills, muscle aches, and fatigue.