



Fight the Bite of Mosquitoes

- Avoid being outside during early morning or early evening
- Wear long sleeves and pants when outdoors
- Use an insect repellent containing DEET, Picaridin (KBR 3023), or oil of lemon eucalyptus (p-menthane 3,8-diol or PMD) read the label and always check to see if safe for children
- Use screened windows and doors so insects don't enter your home
- Screen or cover rain barrels
- Empty all containers that collect standing water such as flowerpots, pet bowls, buckets, tires, toys, bird baths, tarps, etc.

Symptoms of Diseases Spread by Mosquitoes (including West Nile Virus and La Crosse Encephalitis)



- Most people don't have any symptoms. But, the most common symptoms are like the flu:
- Fever, headache, and body aches
- Nausea, vomiting, and tiredness
- Some people may have a rash or swollen lymph glands

When to Call the Doctor

- If you have symptoms and think that it is likely that you have a disease from a mosquito
- Any time you have symptoms that don't go away or get worse



**For more information call:
Environmental Health Division
Buncombe County Department of Health (828) 250-5016**



Prevent Diseases Spread by Ticks

Ticks carry many diseases, such as Rocky Mountain Spotted Fever and Lyme Disease. Some diseases from a tick bite can be severe or even fatal, if not treated in the first few days of symptoms. The best defense is to prevent being infected or bitten by a tick.

Avoid Tick Bites

- If you can, avoid wooded and bushy areas with high grass and leaf litter.
- Walk in the center of paths.
- Wear a long-sleeved shirt, long pants and socks.
- Tuck the shirt into the pants, tuck pants into socks.
- Use an insect repellent that contains DEET.



Find and Remove Ticks

- Check yourself at least twice a day.
- Check under arms, in and around ears, inside the belly button, behind the knees, between the legs, around the waist, and in hair.
- Take a bath or shower as soon as you can after coming indoors (within two hours) to wash off and more easily find ticks that are crawling on you.
- To remove a tick, use fine-tipped tweezers to grasp the tick as close as you can to the skin's surface.
- Pull slowly and steadily until the tick lets go. Do not twist or jerk the tick.
- Wash the bite and your hands with rubbing alcohol, or soap and water.

Symptoms of Diseases Spread by Ticks (including Rocky Mountain Spotted Fever and Lyme Disease)

- Fever, chills, headache,
- Body aches (pains in the joints or muscles)

Call the Doctor if You have Symptoms



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