

“Fight the Bite” of Ticks and Mosquitoes

Prevent Diseases from Mosquitoes

- Avoid being outside during early morning or early evening.
- Wear long sleeves and pants when outdoors.
- Use an insect repellent containing one of the following:
 - DEET
 - Picaridin (KBR 3023)
 - Oil of lemon eucalyptus (p-menthane 3,8-diol or PMD).

Read the label. Apply as often as recommended and always check to see if it is safe for children

- Use screened windows and doors so insects don't enter your home.
- Screen or cover rain barrels.
- **Tip and Toss water** every 3 – 4 days from containers that collect standing water such as flowerpots, pet bowls, buckets, old tires, toys, bird baths, and tarps.

Symptoms of diseases spread by mosquitoes

Mosquitoes can spread diseases like West Nile Virus and La Crosse Encephalitis.

Most people don't have any symptoms. But if someone does have symptoms, the most common ones are:

- 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 you have a disease from a mosquito or a tick
- Any time you have symptoms that don't go away or get worse

Prevent Diseases from 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 deadly, 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 and 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.

Call the doctor if you have symptoms

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

For more information

Disease Control ~ 828.250.5109

Located at 40 Coxe Ave, downtown Asheville, NC 28801

