

## Tick and Mosquito Season is Here!

Ticks and mosquitoes may carry bacteria, parasites, or viruses. Most mosquito bites are just itchy, but sometimes they can make people feel sick. This is because some mosquito bites spread germs. **How?**

- 1- A mosquito bites an animal or person that is sick
- 2- The germs from the animal or person get inside the mosquito
- 3- When that mosquito bites a healthy person, the germs from the sick person or animal can get inside the healthy person.
- 4- That healthy person may then get sick

Continue reading to find out some tips on how to **protect yourself** from getting bit!

- Wear a hat and light-colored clothing (light colored clothing make it easier to spot ticks).
- Cover as much of your skin as possible. Wear long sleeves and long pants. Tuck pants into boots with high socks.
- Use insect repellent on any exposed skin. Remember to reapply repellent as needed. Use a repellent with an active ingredient approved by the Environmental Protection Agency. DEET, is the most known ingredient in repellents.
- Frequently check skin and clothing for ticks, focusing on the scalp, underarms, and groin area.
- Keep windows and doors closed as much as possible.
- Check screens to make sure they are intact with no openings for bugs to get through.
- Mosquitos need stagnant water to breed. Check your property regularly for anything that holds water for more than a few days. Pool covers, trash can/lids, flowerpots, bird baths, etc. are all examples of where water can gather.

### How to remove a tick if spotted:

- Use fine-tipped tweezers to grasp the tick firmly, getting as close to your skin as possible.
- Pull the tick's body away from your skin with a steady motion.
- Thoroughly clean the area with soap and water.

TICK:



MOSQUITO:



REPELLENT:

