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CAMBRIDGE-GUERNSEY COUNTY HEALTH DEPARTMENT

A Combined General Health District

"ESTABLISHED - 1950"

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Tick and Mosquito Safety

Summer is here and so are ticks and mosquitoes. With an increase of tick and mosquito activity, it's important to prevent tick and mosquito bites. Learn the prevention techniques below to keep your risk for tick-borne and mosquito-borne diseases down.

Tick-Borne Diseases

Tick-borne diseases in Ohio are caused by bacteria, parasites, or viruses spread through the bite of an infected tick. The most common tick-borne diseases in Ohio are Anaplasmosis, Babesiosis, Ehrlichiosis, Lyme Disease, and Rocky Mountain Spotted Fever. Most people bitten by a tick will not get a disease. Not all ticks are infected with diseases. Ticks that are infected usually have to be attached to the host for several hours to several days to transmit disease. Prompt removal of an attached tick will reduce risk of infection.

Prevent Tick-Borne Diseases

Perform tick checks:

1. Remove ticks from your clothing before heading indoors.
2. Bathe or shower as soon as possible after coming indoors to wash off and more easily find ticks that are crawling on you.
3. Conduct a full-body tick check using a hand-held mirror.
4. Wash your clothes with hot water and dry them using high heat for at least one hour.
5. Perform daily tick checks after being outdoors. Examine your gear and pets, as ticks can use these as a means to enter your home and attach to a human later.

Remember when outdoors avoid wooded and high grass areas. While hiking or enjoying the outdoors, stay to the center of trails, and wear a repellent that contains 20 percent or more DEET, picaridin, or IR3535.

Mosquito-Borne Diseases

Diseases spread by mosquitoes are a concern in Ohio each year. Diseases prevalent in Ohio are: Eastern equine encephalitis virus, La Crosse virus, St. Louis encephalitis virus, and West Nile virus. It's important we protect ourselves and prevent mosquito breeding around our homes and businesses.

Prevent Mosquito Bites and Breeding

-Use an EPA-registered insect repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, 2-undecanone.

-Cover up by wearing long sleeved shirts and long pants.

-Avoid peak mosquito hours. Mosquitoes are most active and biting during the early morning and late evening hours.

-Keep mosquitoes outside by using air conditioning, and having screened doors and windows.

-Mosquitoes rest in tall weeds. Keep weeds cut to deter mosquitoes.

-Keep mosquitoes from laying eggs in and near standing water. Standing water can gather around your home in things like: flowerpots, buckets, toys, tires, and bird baths. Once a week empty, throw out, or scrub items that can have standing water.

To find an insect repellent that is right for you, visit the EPA's website and use their search tool.

<https://www.epa.gov/insect-repellents/find-repellent-right-you>
