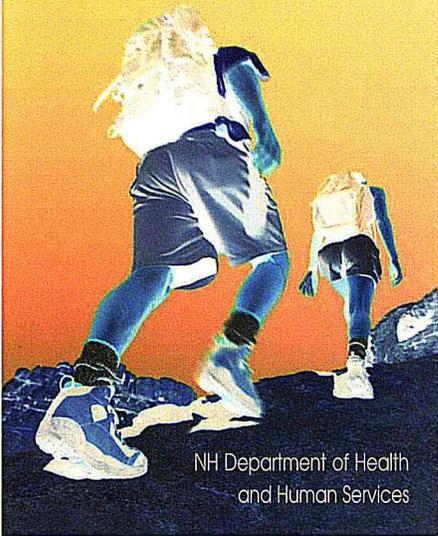


**Protect Yourself!**

- ▶ 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.



**Preventing Mosquito and Tick Bites**



NH Department of Health and Human Services

**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.

2004 Photos by James Gathany, CDC  
 NH Department of Health and Human Services  
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 800-852-3345 ext. 4496  
 603-271-4496  
 www.dhhs.nh.gov



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.
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- ▶ **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.

**Contact:**  
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