

Insect-Borne Diseases in New Hampshire

DON'T LET THEM BUG YOU!

Mosquito bites can make you sick with **West Nile Virus** and **Eastern Equine Encephalitis**

Tick bites can make you sick with **Lyme Disease**



Use insect repellent according to product label directions

Wear protective clothing such as long-sleeved shirts and long pants

Avoid outdoor activity when mosquitoes are most active

Stay away from tick-infested areas such as overgrown grass and brush in your yard and the woods

Perform tick checks regularly and remove any ticks

Protect yourself and your family—
Avoid mosquito and tick bites.



For more information contact the
New Hampshire Department of Health and Human Services
603-271-4496 or www.dhhs.nh.gov

