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**

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**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

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Protect yourself and your family—

Avoid mosquito and tick bites.

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