



Summer Is Here Protect Yourself from Ticks and Mosquitoes

The most common diseases carried by mosquitoes and ticks in Virginia are: Zika Virus and Lyme disease. Less common are: Rocky Mountain Spotted Fever, Q-Fever, Tularemia, West Nile Virus and certain types of encephalitis.

The best way to protect yourself from these diseases:

- Use an EPA-registered (not just approved) insect repellent and use according to product label. These products include: DEET, picaridin, Bio-UD (2-undecanone), oil of lemon eucalyptus and IR3535.
- ❖ Use the repellent day and night (particularly important if you are pregnant) because the mosquitoes that transmit Zika will bite during the day and also enter buildings and bite at night.
- Use light-colored, permethrin-treated clothing or spray clothing with insect repellents.
- Cover exposed skin by wearing long sleeves tucked into pants, long pants tucked into socks, shoes and hats.
- Sleep with screened windows or air-conditioning or use a bed net if you sleep in a room exposed to the outdoors.
- Check body surfaces and clothes carefully to remove ticks soon after being in tick habitats.



How a tick should be removed:



- Remove attached ticks as soon as possible. Lyme disease transmission occurs once ticks have been attached for longer than 36 hours.
- Use fine-tipped tweezers to grab the ticks' head as close to the skin as possible and exert a steady pull until the tick lets go.
- Do not jerk or twist or squeeze the ticks' body when removing it.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, iodine scrub or soap and water.
- Dispose of the tick by submersing in alcohol then flushing it down the toilet or place it in a sealed, plastic bag.
- Never crush the tick with your fingers.
- Avoid folklore remedies like: painting the tick with nail polish or petroleum jelly or using heat (like a match) to make the tick detach.

Information compiled from VA Department of Health, the CDC and the EPA.



"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2