

Protect yourself and your family

*During the months May thru October, your
Best Protection for Outside Activity:*

- Wear light colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pants legs into socks or boots and shirts into pants.
- Avoid sitting directly on the ground or stone wall.
- Check clothes and any exposed skin frequently for ticks while outdoors.
- Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.
- Keep long hair tied back especially when gardening.
- Bathe or shower as soon as possible after going indoors (preferably within 2 hours) to wash off and more easily find ticks that may be on you.
- Do a final, full-body tick check at the end of the day (also check children and pets,) and remove ticks promptly.
- Consider insect repellent. Protect infants aged < 2 months from mosquitoes by using an infant carrier draped with mosquito netting with an elastic edge for a tight fit.

Remember...

Most mosquitoes do not transmit disease. If precautions are taken and if ticks are removed promptly, it is not necessary to limit outdoor activities in Chautauqua County.

For more information on West Nile Virus, Eastern Equine Encephalitis or Lyme Disease visit: www.health.ny.gov/diseases.

Fight a Bite!



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Fight a Bite!



in Chautauqua County

Reduce your
risk for bites
that can lead
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Fight a Bite!



With increasing reports of lymes disease and West Nile virus (WNV) along with reports of positive mosquito pools for Eastern Equine Encephalitis (EEE) in Chautauqua County, the local Health Department and environmental groups have prepared this flyer to give you information you need to reduce your risks for bites that can lead to serious illness.

Mosquito Information:

WNV and EEE are serious viral diseases that are transmitted to people through the bite of an infected mosquito. Mosquitoes are small flying insects that feed on human and animal blood or plant juices. Most mosquitoes do not transmit disease, and only female mosquitoes bite to get a blood meal for their growing eggs. Mosquitoes are generally considered a nuisance pest, but occasionally can transmit WNV, EEE or other diseases. There are about 70 different species of mosquitoes in New York State. Mosquitoes are most active between dusk and dawn when the air is calm, and that is when the females are most likely to bite.

Tick Information:

Lymes disease is a bacterial infection caused by the bite of an infected deer tick. Deer ticks live in shady, moist areas at ground level. They will cling to tall grass, brush and shrubs within 18-24 inches off the ground. They also live in lawns and gardens, especially at the edges of woods and around old stone walls. Deer ticks cannot jump or fly, and do not drop onto passing people or animals. They attach to humans or animals by direct contact only. Once a tick gets on the skin, it generally climbs upward until it reaches a protected area as the thighs, groin, trunk, armpits and behind the ears.

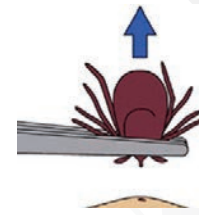
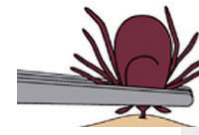
Repellents

Repellents can be effective at reducing bites from mosquitoes and ticks that can transmit disease. Their use may have health effects if applied in large amounts or improperly. Repellents commonly available to consumers contain DEET, permethrin or botanical oils. DEET has occasionally been associated with health effects. Skin reactions and eye irritation are the most frequently reported health problem. Products containing permethrin are for use on clothing only, not on skin. There is limited information on the effectiveness and toxicity of botanical oils (oil of geranium, cedar, lemongrass, soy or citronella).

- Apply repellents only to exposed skin or clothing, as directed on the product label. Do not apply repellents under clothing.
- Never use repellents on cuts, wounds, or irritated skin.
- Do not use sprays directly on face-spray on hands first and then apply to face, avoiding eyes and mouth, and apply sparingly around ears.
- Wash hands after application to avoid accidental exposure to eyes or ingestion.
- Children should not handle repellents. Instead, adults should apply repellents to their own hands first, and then gently spread on the child's exposed skin. Avoid applying directly to children's hands.
- Use just enough repellent to cover exposed skin or clothing. Heavy application and saturation are generally unnecessary for effectiveness. If biting insects do not respond to a thin film of repellent, apply a bit more.
- Wash treated clothing before wearing them again. This precaution may vary with different repellents-check the product label.
- After returning home, clothes can be put in a high temperature dryer for 20 minutes to kill unseen ticks.
- After returning indoors, wash repellent-treated skin with soap and water, then bathe and check for ticks. This is particularly important when repellents are used repeatedly in a day or on consecutive days. Tick check should be followed by tick removal.

Tick Removal

If you find a tick attached to your skin, there's no need to panic. There are several tick removal devices on the market, but a plain set of fine-tipped tweezers will remove a tick quite effectively.



1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove the mouth easily with clean tweezers, leave it alone and let the skin heal.

3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.

Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.

Follow-up

If you develop a rash or fever within several weeks of removing a tick, see your doctor. Be sure to tell the doctor about your recent tick bite, when the bite occurred, and where you most likely acquired the tick.

Fight a Bite!