



**KALAMAZOO COUNTY
HEALTH AND COMMUNITY SERVICES DEPARTMENT**

Promoting Health For All

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Environmental Health

Beat the Itch this Summer with These Easy Tips on Avoiding Bug Bites

As the weather warms up most of us naturally spend more time outdoors, but we all need to be aware of some annoying (and sometimes hazardous) insects. Whether you stay close to home this summer or travel around the world, be aware of insects that have been known to carry the following diseases:

- Mosquitoes:
 - ZIKA Virus
 - West Nile Virus
 - Eastern Equine Encephalitis
 - Dengue
 - Chikungunya
- Ticks:
 - Lyme Disease
 - Rocky Mountain Spotted Fever

Utilize these tips to reduce the risk of bites from mosquitoes and ticks:

- Empty all water collection containers (small pools, feeding bowls, open rain collection barrels, buckets, birdbaths etc.) at least once a week to prevent mosquitoes from laying eggs.
- Keep large swimming pools properly treated to prevent mosquitoes from laying eggs.
- Use screens on your home windows to prevent mosquitoes from getting inside.
- Keep your lawn mowed and stay on walking trails while hiking to reduce contact with ticks.
- Wear lightweight long sleeved shirts, pants and socks to avoid ticks.
- Use insect repellent with DEET or Permethrin on skin and clothing to repel most insects.
- Perform a “tick check” or shower when you come inside from the outdoors.
- Use a tick collar or pet safe repellent on your pets.
- Check your pets frequently for ticks.

For more information on each of these diseases check the following CDC links:

- ZIKA- <http://www.cdc.gov/zika/index.html>
- West Nile Virus- <http://www.cdc.gov/westnile/index.html>

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- Eastern Equine Encephalitis- <http://www.cdc.gov/EasternEquineEncephalitis/>
- Dengue- <http://www.cdc.gov/dengue/>
- Chikungunya- <http://www.cdc.gov/chikungunya/>
- Lyme Disease- <http://www.cdc.gov/lyme/index.html>
- Rocky Mountain Spotted Fever- <http://www.cdc.gov/rmsf/>

ZIKA has made a media splash this year; to become more informed and prepared for the ZIKA virus read the “Are You Ready” article at the following link:

<http://getreadyforflu.org/facts/ZikaFactSheetGetReady.pdf>