

You and your family need to **protect yourselves** from ticks and mosquitos if you:

- Spend time outside
- Have pets that go outside
- Exercise in parks or on unpaved trails
- Work in your yard
- Spend time in boats, kayaks or canoes
- Garden or landscape
- Camp or backpack
- Hunt
- Fish
- Hike
- Picnic
- Travel



Ticks

Some diseases spread by ticks in North Carolina are:

- Rocky Mountain spotted fever (very common!)
- Lyme disease
- Ehrlichiosis
- Southern Tick Associated Rash Illness (STARI)

Tell your doctor if you get:

- flu-like symptoms
 - a rash
 - joint pain
- within a month of finding an attached tick. Getting treated right away will help you from getting really sick.

Keep ticks off!

Walk on paths.

Use repellents (see other side).

Treat pets for ticks.

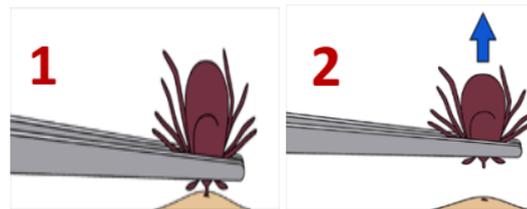
Check yourself, your kids and pets for ticks every day after being outside.

Shower right away after coming inside.



Take ticks off right away!

Ticks are more likely to spread disease when they are attached for more than a day.



- Use tweezers
- Pull straight up
- Wash hands, tweezers and the bite area
- Mark the date on the calendar so you can tell your doctor if you get sick

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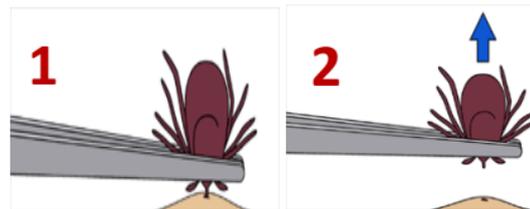
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Mosquitos

Some diseases spread by mosquitos in North Carolina are:

- West Nile Virus
- Eastern Equine Encephalitis
- La Crosse Encephalitis



Diseases of concern to international travelers:



- Zika
- Chikungunya
- Dengue
- Malaria
- Yellow fever

Remember—if you feel sick, tell your doctor about your travels and mosquito bites.

Keep mosquitos off!

- Only open windows and doors with screens.
- Use air conditioning or fans to keep cool.
- Sleep under a mosquito net if mosquitos are inside.
- Use repellents (next panel)

Get rid of standing water to stop mosquitos from breeding!

- Tip and toss water in pet bowls, planters, birdbaths, buckets, small pools etc.
- Treat, drain or use screens over standing water.
- Pick up and throw out trash and tires that collect water.
- Use “mosquito dunks” in water you can’t drain.

Repellents

- Treat or buy clothes that have been treated with permethrin.
- Use repellents on skin not covered by clothing.
 - * Follow product directions.
 - * Avoid getting repellent in eyes, mouth, and cuts.
 - * Put sunscreen on first, then the repellent.
 - * Parents should take care when putting repellents on children.
 - * Wash repellents off when you go inside.
- Ask your vet which repellent to use on your pet.

To learn more, go to wakegov.com/pests



Mosquitos and ticks can spread disease: Protect yourself!

Wake County
Human Services
Communicable
Disease Program
919-250-4462



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