PROTECTING YOUR FAMILY FROM MOSQUITOES AND TICKS

THE MOSQUITO, TICK, AND HEALTH CONNECTION

- Mosquitoes and ticks are most active during the warm months from late spring until fall.
- Common ticks in Wisconsin are the deer tick and the wood tick, which are usually found in tall grass and wooded areas.
- Take these important steps to protect your health and that of your family against mosquitoes and ticks.

WAYS TO PROTECT YOURSELF

- **Use repellent.** Use insect repellent and avoid being outside at times of high mosquito activity (dawn and dusk). Good repellents contain permethrin or DEET to give you the most protection.
- **Wear protective clothing.** Choose long-sleeved shirts, long pants, socks, and shoes to protect yourself against bites. Wear light-colored clothing to better see if a tick or mosquito has landed on you.
- **Be on the lookout for symptoms.** Common symptoms of disease from mosquitoes and ticks are: fever, headache, body aches, joint pain, vomiting, diarrhea, rash, and lethargy. If you have been bitten by a tick or mosquito and are experiencing these symptoms, see your doctor.

TIPS FOR KEEPING MOSQUITOES AND TICKS OUT

- **Drain standing water.**
  - Pro tip: Prevent mosquitoes from breeding in your yard by draining standing water from gutters, wading pools, and old tires.
- **Avoid areas with high grass.**
  - Pro tip: Walk on designated trails, and check yourself for ticks after walking in high grass or heavily wooded areas.
- **Remove the tick properly.**
  - Pro tip: If you find a tick burrowed into your skin, remove it immediately with tweezers (making sure the head remains intact), and disinfect the bite.

For more tips, view the full toolkit at: WWW.DHS.WISCONSIN.GOV/CLIMATE