

# Preventing Mosquito and Tick Bites

## Ticks

- 1) Remove the tick promptly. The sooner you remove it, the less chance of infection.
- 2) Use tweezers to grasp the tick's mouthparts at the surface of the skin.
- 3) With a steady motion, gently pull the tick straight out.
- 4) Save tick in clear ziplock bag to be identified.
- 5) Wipe the bite area with an antiseptic or wash with soap and water.
- 6) Be alert for symptoms of illness over the next 7-10 days.
- 7) If tick is swollen, engorged, or has been attached for longer than 36 hours, see a health provider within three days for possible preventative antibiotics. Bring tick with you to appointment.

- **DO NOT** squeeze the tick.
- **DO NOT** rub petroleum jelly on the tick.
- **DO NOT** use a hot match or cigarette.
- **DO NOT** pour kerosene or nail polish on the tick.

## 1) Diseases Spread By Ticks

Ticks can transmit Anaphsmosis, Ehrlichiosis, Rocky Mountain Spotted Fever, and Lyme Disease. Symptoms vary by disease, but Lyme Disease, the most common tick-borne illness in NH, causes a rash at the bite site, joint pain, fever, chills, muscle aches, and fatigue.

## 2) Avoiding Tick Bites

- Stay on trails outdoors; avoid areas of overgrown brush and tall grass.
- Wear light-colored cloths so ticks can be easily seen.
- Wear a hat, long sleeved shirt and long pants tucked into boots or socks.
- Check yourself often for ticks.
- Use insect repellent containing DEET or permethrin (follow directions).

## 3) Is It A Tick Bite?

- Spider Bite- several fluid filled bumps appear at the site of the bite.
- Tick Bite- The bite is hard, itchy, and turns into lumps. A red, rash-like halo surrounds the bite and then slowly spreads outward.

## Mosquitos

## 1) Diseases Spread By Mosquitoes

Mosquitoes can transmit Eastern Equine Encephalitis, St. Louis Encephalitis, West Nile Virus and other illnesses. Symptoms vary by disease, but West Nile, the most common mosquito-borne illness in NH, can cause fever, headache, body aches, and in severe cases neurological problems.

## 2) Protect Yourself!

- Limit outside activity during evening, night, and dawn hours when mosquitoes are most active.
- Cover your skin with light-colored clothing to minimize the opportunity for mosquitoes to bite you. Wear long-sleeved shirts and pants with socks.
- Use effective mosquito repellents when outdoors and mosquitoes are biting.
- Repellents containing DEET are proven effective. FOLLOW LABEL INSTRUCTIONS CAREFULLY!
- Products containing 10% or less DEET are recommended for children.
- Use mosquito netting for infants instead of DEET. Netting is another option for those who prefer not to use repellent.



Mosquito



Dog Tick



Deer Tick



Lone Star Tick



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