

**Don't let bugs keep you inside! Take a few simple steps and have a fun and *healthy* season.**

## Spring 2018

### Before you go out, use a repellent

Use a repellent proven to be effective such as DEET, Permethrin, Picaridin, Oil of lemon Eucalyptus or IR 3535. \*Use and re-apply according to instructions.

**What are your Activities?** Exercise produces lactic acid in your sweat and attract mosquitoes. Exercise outside during the day or indoors dusk to dawn.

**What is the time of Day? Mosquitos Bite during the Day and Night** Different types of mosquitos bite at different times. Typically there are more mosquitoes biting at night so schedule outdoor events to avoid dusk to dawn. If you have to be out wear long-sleeved shirts and pants and consider repellent.

**Where are you going to be? Certain Areas are more prone to mosquitoes and ticks.** Stay away from swamps to avoid mosquitoes and stay on trails to avoid ticks. Remember ticks are out even in the winter. Consider tucking in your pants into your socks and wear white.

### **When you come back in: Do a Tick Check AND Put your clothes in the dryer**

Check yourself, children and pets for ticks when you come inside. Ticks are tiny, so look for new "freckles". They go to favorite places such as the groin, legs, behind your knees, between your toes, inside and behind the ears, along your hairline, back of your neck, and armpits. Drying your clothes in a hot dryer will kill ticks!



**If you find a tick on you** Use a pair of fine point tweezers to grip the tick as close to the skin as possible and pull straight out with steady pressure. If parts remain, no need to worry, they will come out on their own.

### **Want to test your tick for pathogens?**

**\*\$15 testing for Massachusetts residents for limited time!**

Tick Report can test your tick for the presence of tick-borne pathogens as well as other information like how long they've fed. This arms you and your practitioner with information, *it does not diagnose you as having or not having a disease.*

**[www.TickReport.com](http://www.TickReport.com)**

### **Notify your health care provider if you have been bitten by a tick or a tick has been attached to you.**

Speak with your practitioner when you are bit by a tick, they may choose to treat you. Tell your practitioner of symptoms such as fever, headache, fatigue, or sore and aching muscles.

\* Do not allow young children to apply repellent themselves, apply repellent to your own hands and then put it on the child's exposed skin, do not apply on their hands, it will inevitably be rubbed into the eyes. **Do not use DEET** on children younger than 2 months of age, use 30-35% DEET on adults and 10-15% DEET on children. **Do not use Oil of Lemon Eucalyptus** on children younger than 3 years old

