

Quick Tips: Biting Insects and Ticks

Floods may increase insects

Standing water left by a flood can make mosquito numbers rise. Greater river flow can lead to larger numbers of black flies (biting gnats). Other insects, such as wasps, may become very aggressive.

Disease risk is low

Only a few types of mosquitoes and ticks can cause disease in people. Only a very small number of these actually carry disease.

Usually the risk of such diseases often goes down right after a flood. This risk may go up in later months or years.

The table below shows when and where diseases from tick or mosquito bites are most common in Minnesota.

To protect against bites:

- Wear insect repellent.
- Wear long sleeve shirts and pants -- light colors reduce mosquito and black fly bites and make it easier to see ticks.
- Avoid outdoor activity at peak mosquito feeding times (dawn and dusk).
- Remove containers that hold water (buckets, tires, etc.) from your property.

Safe and effective insect repellent may contain:

- Up to 30 percent DEET.
- Picaridin, oil of lemon eucalyptus, or IR3535 can protect against mosquitoes.
- Permethrin can be used on clothing (not skin) to kill mosquitoes and ticks.

For best results and safety, always follow the label directions.

Note: MDH has detailed fact sheets on these topics. See back page.

INSECT	DISEASE	WHEN	WHERE
Mosquitoes	West Nile Virus	July- Sept	Western MN farm country
Mosquitoes	La Crosse Encephalitis	July- Sept	Southeast MN wooded areas
Ticks	Lyme Disease	May - July	Wooded parts east-central, central, and southeastern MN
Ticks	Human Anaplasmosis	May - July	Wooded parts east-central, central, and southeastern MN

MDH Environmental Health flood information

Website: www.health.state.mn.us/floods

MDH Environmental Health contacts

www.health.state.mn.us/divs/eh/contacts

MDH DISTRICT OFFICES

- Bemidji 218-308-2100
- Duluth 218-302-6166
- Fergus Falls 218-332-5150
- Mankato 507-344-2700
- Marshall 507-476-4220
- Metro 651-201-4500
- Rochester 507-206-2700
- St. Cloud 320-223-7300

Asbestos

Asbestos and Lead Compliance:

651-201-4620

Email: health.asbestos-lead@state.mn.us

Websites: www.health.state.mn.us/asbestos

www.health.state.mn.us/lead

Carbon monoxide and mold

MDH Indoor Air Quality:

651-201-4601 or 800-798-9050

E-mail: health.indoorair@state.mn.us

Website: www.health.state.mn.us/divs/eh/air

Cleaning up and food safety

MDH Food, Pools, and Lodging:

651-201-4500

E-mail: health.foodlodging@state.mn.us

Website: www.health.state.mn.us/foodsafety

Public drinking water

MDH Drinking Water Protection:

651-201-4700

E-mail: health.drinkingwater@state.mn.us

Website: www.health.state.mn.us/water

Wells and well water

MDH Well Management:

651-201-4600 or 800-383-9808

E-mail: health.wells@state.mn.us

Website:

www.health.state.mn.us/divs/eh/wells

*To obtain this information in a different format, call
651-201-5000 or 1-800-657-3908*

REVISED: FORMAT

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