

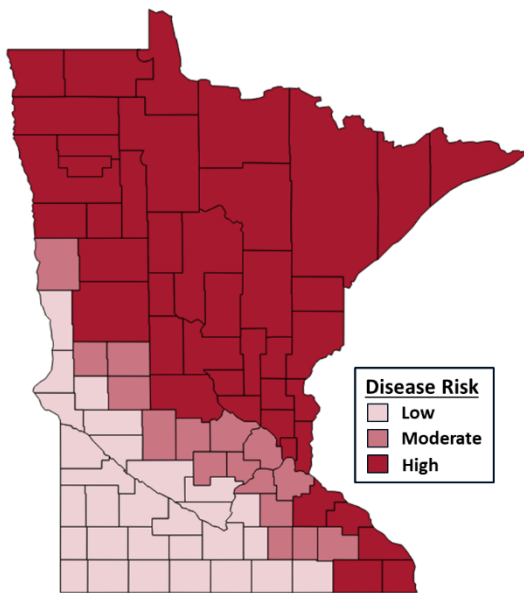
# PROTECT YOURSELF FROM TICK AND MOSQUITO BITES

## OVERVIEW



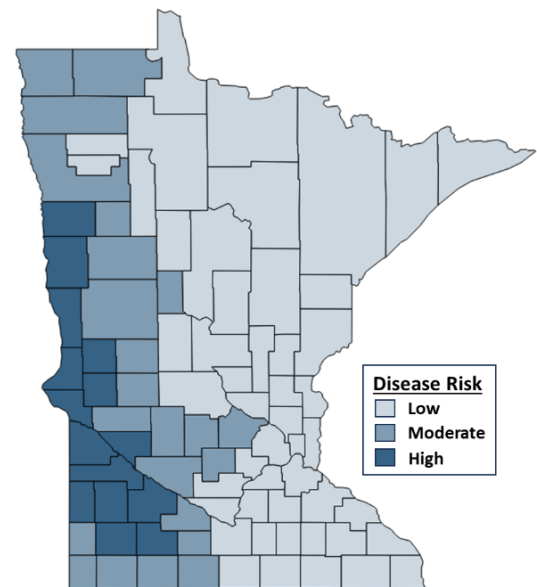
Being outdoors is a great part of living in Minnesota. However, people who work and play outdoors are at higher risk of getting diseases from tick and mosquito bites. Minnesotans who use repellents (bug spray), can lower their risk of getting sick.

### Minnesota Tickborne Disease Risk



Cases of tickborne disease continue to rise in Minnesota. The blacklegged tick, also known as the deer tick, can spread diseases such as Lyme disease, anaplasmosis, and babesiosis.

### Minnesota West Nile Virus Disease Risk



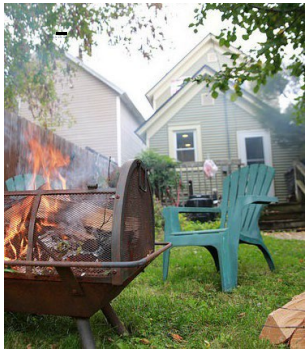
West Nile virus is the most common mosquitoborne disease in Minnesota. Outbreaks are influenced by weather conditions and several other factors.

~40% of adult blacklegged ticks in MN are infected with a disease



Most mosquitoes are just a pest, but one quick bite is all it takes to make you sick!





## WHEN SHOULD I USE BUG SPRAY?

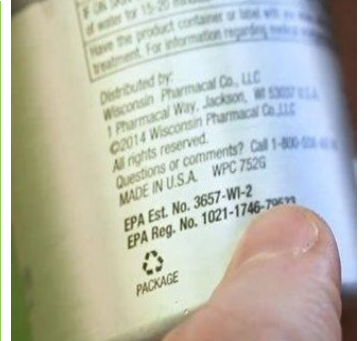
Bug spray should be used whenever you are outside and exposed to pests. Ticks are commonly found in and around brushy, woody, or grassy areas. They can bite any time of day, most often between April and November. Mosquitoes breed in areas with standing water which may include your own backyard. Most disease-causing mosquitoes are active at dawn and dusk, between July and October.

## HOW TO CHOOSE & USE BUG SPRAY

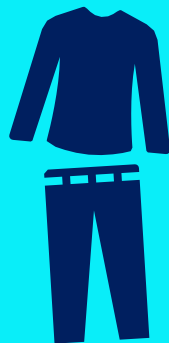
- ✓ **CHOOSE AN EPA-REGISTERED PRODUCT**  
Look for an EPA-Reg. No. on the back of the product. This is how you know it is safe and effective. The EPA offers an easy-to-use search tool to help select the bug spray that is right for you. **See QR code!**
- ✓ **FOLLOW LABEL INSTRUCTIONS**  
Some products can be sprayed directly on skin, while others are used to treat clothing and gear only. Keep in mind that products may vary – some may work better for ticks than mosquitoes or last longer than others.
- ✓ **APPLY BUG SPRAY SAFELY**  
Apply just enough product to lightly cover exposed skin and/or clothing. Don't spray on open wounds, cuts, or irritated skin and avoid applying to children's hands. Always remember to use sunscreen first!
- ✓ **REAPPLY AS NEEDED**  
Reapply as needed throughout the day and if possible, wash your hands, after applying. Don't forget to shower after being outdoors!



<https://www.epa.gov/insect-repellents/find-repellent-right-you#search%20tool>



**Permethrin** is a great, long-lasting product for those who are outdoors a lot. Clothing and gear that are pre-treated with permethrin can repel and kill ticks and mosquitoes. It lasts for several weeks, through multiple washes. These products should only be applied to clothing, shoes, or camping gear prior to use and allowed to dry thoroughly.



While using an EPA-registered repellent will lower your risk of diseases transmitted by ticks and mosquitoes, no single method is 100% effective at preventing bug bites. If you find a tick on yourself, remove it as soon as possible.

**Watch for symptoms** like a rash, fever, and aches after being outdoors. See your doctor if you get sick.

