

PROTECTING YOUR FAMILY FROM MOSQUITOES AND TICKS

Stay healthy around mosquitoes and ticks with these simple steps!

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:

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