

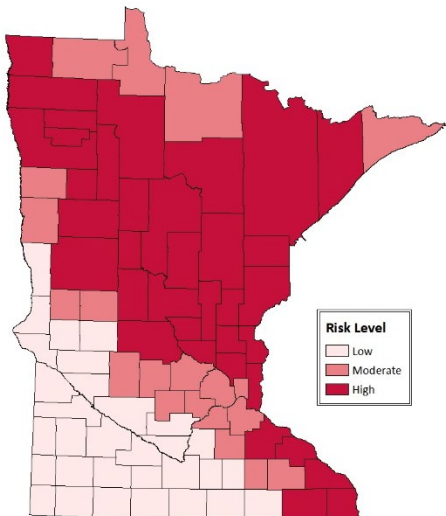
PROTECT YOURSELF FROM TICK AND MOSQUITO BITES

OVERVIEW



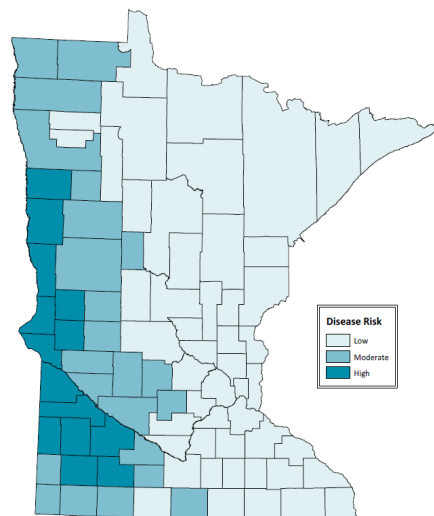
Being outdoors is a great part of living in Minnesota, which is why most Minnesotans report that outdoor recreation is very important to them. However, people who work and play outdoors are at higher risk of getting diseases from tick and mosquito bites. Minnesotans who use repellents, or “bug spray,” can lower their risk of getting sick.

Minnesota Tickborne Disease Risk



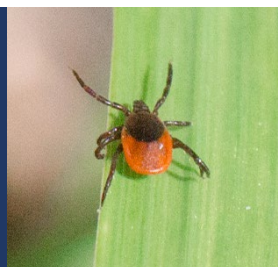
Cases of tickborne disease continue to rise in Minnesota. The blacklegged tick, formerly known as the deer tick, is the main tick of public health concern as it can spread several diseases such as Lyme disease, anaplasmosis, and babesiosis.

Minnesota West Nile Virus Risk



West Nile virus is the most commonly reported disease in Minnesota that is spread to people through the bite of a mosquito. Outbreaks of mosquito-borne disease are influenced by weather conditions and several other factors.

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



Most mosquitoes are just a pest in MN, but just 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 on skin and clothing while others are used to treat clothing and gear only. Keep in mind that products may vary in which pest they target and how long they work.

✓ **APPLY BUG SPRAY SAFELY**
Apply just enough product to lightly cover exposed skin and/or clothing. Avoid spraying open wounds, cuts, or irritated skin. Spray product onto hands when applying to face. However, to reduce risks of ingestion, do not apply to children's hands.

✓ **REAPPLY AS NEEDED AND WASH AFTER USE**
Reapply as needed throughout the day. Wash hands after applying and shower after being outdoors.



ADVERSE REACTIONS:

poisonhelp.com or call **1-800-222-1222**

TIPS FOR BABIES OR CHILDREN:

healthychildren.org/English/safety-prevention/at-play/Pages/Insect-Repellents.aspx

TIPS FOR PREGNANT OR BREAST-FEEDING MOTHERS:

npic.orst.edu/factsheets/repellents.html#preg

APPLYING SUNSCREEN AND BUG SPRAY:

cdc.gov/ncepid/dvbd/about/prevent-bites.html

PERMETHRIN: 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. Permethrin is a great, long-lasting product for people who don't like repellents on their skin and for those who are outdoors a lot.

