

TIPS TO HELP FIGHT THE BITE this summer



With the emergence of Zika virus and higher rates of Lyme disease, how can Berrien County residents protect themselves from mosquito and tick borne infections and diseases?

TRAVEL HEAVY



Michigan has 73 cases of reported Zika virus, all of which occurred from traveling. Make sure when going to tropical places that you wear **light long sleeve shirts and pants** to avoid bringing back an unwanted souvenir.

ORDER MATTERS

Make sure to apply **sunscreen BEFORE insect repellent** to maximize your bug spray's effectiveness.

ACTIVE INGREDIENTS



The CDC recommends using bug spray with high percentage of **DEET, Picaridin, IR3535, Oil of lemon eucalyptus, and 2-undecanone**. DEET is safe for women who are pregnant, but not for children under 2 months.

HOUSE CHECK!

Are the **screens** in your windows and doors free from **holes** and **tears**? Are there any openings that could potentially let mosquitos into the home? This includes **gutters**!



SITTING WATER



Check your yard and porch. If there are **buckets, tires, pots** or anything else that could be holding water, that is a breeding ground for mosquitos and should be drained or filled with dirt or sand.

BE A WIMP

Both Zika virus and Lyme disease have subtle symptoms for the first few weeks. If you feel flu like symptoms after a mosquito or tick bite, **go to a doctor immediately**. This may stop someone else from getting sick too.

WHAT TO WATCH OUT FOR

- **Zika virus** - flu like symptoms (fever, headache, etc.), rash, joint and muscle pain, red eyes
- **Lyme Disease** - flu like symptoms (headache, fatigue, swollen lymph nodes), bullseye rash at bite site, muscle and joint aches, facial palsy