

MOSQUITO & TICK SEASON SURVIVAL GUIDE

What You Need To Know To
Protect Yourself From Mosquitoes & Ticks





FAST FACTS: EEE AND WNV

EASTERN EQUINE ENCEPHALITIS (EEE)

WHAT IS EEE?

A virus that is spread to horses and humans by the bite of certain kinds of mosquitoes that have fed on infected birds.

HOW IT SPREADS

EEE can only be transferred to humans by the bite of an infected mosquito; it cannot transfer human-to-human or horse-to-human.

SIGNS & SYMPTOMS

- Fever
- Chills
- Headache
- Fatigue
- Nausea/Vomiting
- Neck Stiffness

WEST NILE VIRUS (WNV)

WHAT IS WNV?

A virus transmitted to mosquitoes feeding on infected birds.

HOW IT SPREADS

WNV is very rarely spread from person to person; the majority of cases are caused by a direct bite from an infected mosquito.

SIGNS & SYMPTOMS

- Fever
- Chills
- Headache
- Fatigue
- Body Aches/Joint Pain
- Nausea/Vomiting
- Rash



There is currently no vaccine or effective treatment for EEE or WNV.

PROTECT YOURSELF



Use EPA-approved repellents



Make sure screens are intact and windows and doors close securely



Wear long sleeves and pants when possible



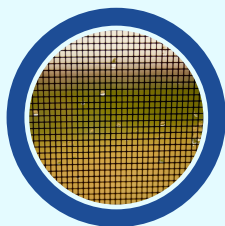
Avoid being outdoors during dawn and dusk, peak times for mosquito activity



Reduce standing water such as bird baths, pet dishes, wading pools, buckets, and clogged gutters or leaky outdoor plumbing



MOSQUITO PREVENTION FOR YOUR HOME



Check Screens

Inspect window & door screens to be sure they are intact & close securely.



Clear Gutters

Leaves & other debris trap water in gutters, providing breeding grounds for mosquitoes.



Dry Ground

Fill low-lying areas where rainwater or snow melt collects. Check outdoor plumbing for leaks.



Eliminate Standing Water

Empty items such as buckets, watering cans, wheelbarrows, bird baths, storage bins, & tire swings.



Call Burgess Pest

Mosquito & tick control plans start at just \$49/month!



Clear Yard Debris

Clean up leaf litter & yard debris. Trim overgrown grass & dense vegetation.

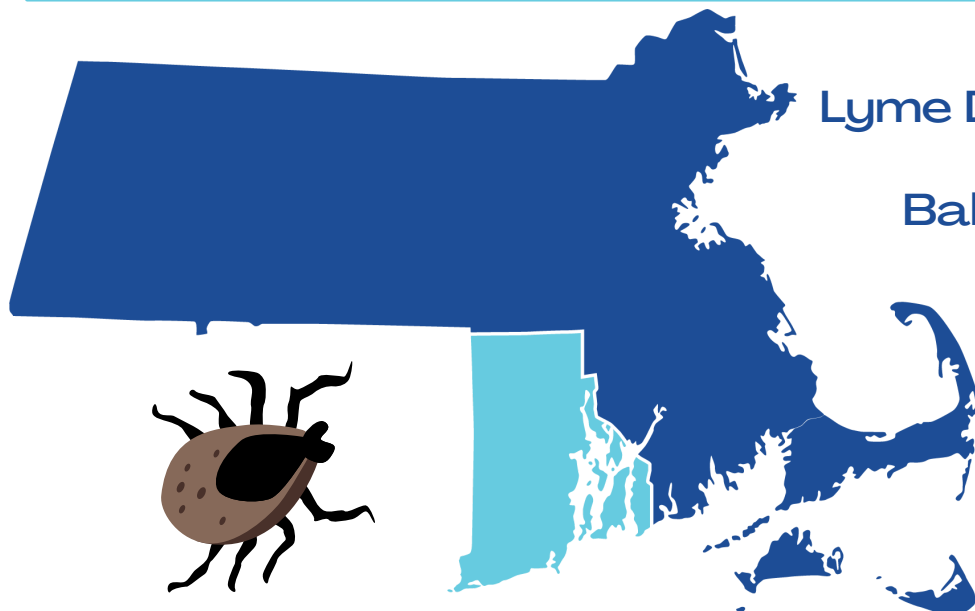


TICK-BORNE DISEASES

QUICK REFERENCE INFORMATION SHEET



DISEASES SPREAD BY TICKS IN MASSACHUSETTS AND RHODE ISLAND



Lyme Disease

Babesiosis

Anaplasmosis

Powassan Virus

Tularemia

PREVENTION CHECKLIST



Wear light-colored clothing to make ticks easier to spot



Wear pants, long sleeves, and tall socks whenever possible



Use repellent that is EPA-approved



Shower or bathe after spending time outdoors



Avoid tall grass in yards, trails and parks



Frequent body checks on yourself, children & pets

WHERE TO CHECK FOR TICKS





HOW TO SAFELY REMOVE A TICK

STEP ONE

Gently pull back any hair from around bite site. Using fine point tweezers, grasp tick as close to the head as possible. **DO NOT GRASP BY THE BODY.**



STEP TWO

Pull the tick straight outward until the head is removed. Do not twist, turn, or wiggle.



STEP THREE

Dispose of the tick in toilet or in closed trash can, wrapped in tissue.

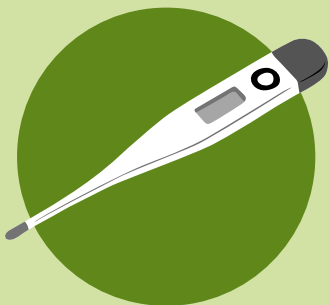


STEP FOUR

Clean the area with soap and water or rubbing alcohol.



KEEP AN EYE OUT FOR...



FEVER



**HEADACHE
OR BODY ACHES**



FATIGUE



**RASH OR
RED RING**

