

South Central Medical Reserve Corps Applied Public Health Team

Safety and Health Bulletin

MOSQUITO AND TICK SEASON

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Mosquito and tick diseases have tripled in the last 10 years in the United States. A heavy tick season is again predicted in the Mid-Atlantic region. Anywhere with a deer population will have a tick infestation. Lyme disease, Zika and West Nile viruses, and Chikungunya typify diseases of concern. The CDC identifies that of these reports, 60% are caused by ticks. The heaviest areas of mosquito borne West Nile virus in the country is between Southern Pennsylvania and the South Carolina border:

- Control vectors at home: use screens and remove standing water every 4 days.
- Wear long sleeve shirts/pants while outdoors. Ticks are seen easily on light colors.
- Use an EPA registered insect repellent while outdoors, containing at least 20% DEET, OVER SUNSCREEN.
- Treat boots, socks, and tents with 0.5% permethrin. Avoid high grass. Walk in the center of trails.
- Check yourself and pets daily for ticks. Ticks removed within 24-48 hours present little chance of disease transmission.
- Practice social distancing but use the buddy system.

VISIT THE EPA WEBSITE TO DETERMINE THE RIGHT REPELLANT FOR YOUR NEEDS:

<https://www.epa.gov/insect-repellents/find-repellent-right-you>



How to Safely Remove a Tick

1. Use a pair of pointed tweezers.
2. Grasp the tick by the head or mouth right where it enters the skin.
3. Pull firmly and steadily upward.
4. Place the tick in a small container of rubbing alcohol to kill it.
5. Clean the bite wound with rubbing alcohol or hydrogen peroxide.
6. Monitor the site of the bite for the next 30 days for the appearance of a rash.

[All repellants work against mosquitos – not all work against ticks.]
Culex mosquitos (West Nile) are most active between dusk and dawn. Those bitten develop symptoms in 3-14 days. If you have a severe symptom (headache – confusion) seek medical attention. Deer ticks live in shady, moist areas usually less than 24” off the ground. They climb upward until they reach unprotected skin.



The Lone Star Tick carries tularemia, spotted fever and causes paralysis.



A deer tick (RIGHT) is smaller than a dog tick (LEFT). The deer tick is the vector for Lyme's disease.



The Culex Mosquito is the vector for West Nile Virus

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