

# TIPS for TICK PREVENTION

Tick season generally begins when the weather warms and dormant ticks begin to look for food in most places. In the United States that is in late March and April. Tick season typically ends when the temperatures begin dropping below freezing in the fall. Ticks transmit pathogens that cause diseases such as Lyme Disease through the process of feeding. Ticks can feed on mammals, birds, reptiles, and amphibians. Most ticks prefer to have a different host animal at each stage of their life. There are precautions you can take to prevent exposure to ticks and safe practices that can be used as listed below:

- Use a suitable insect repellent.
- Check yourself, your children, and your pets after spending time outdoors.
- To reduce risk on hikes, stay on trails. If you leave the path, wear long pants tucked into your socks.
- If you find ticks, remove them right away.
- Keep grass short in yards and avoid ungroomed areas.
- Ticks hate the smell of lemon, orange, cinnamon, lavender, peppermint, and rose geranium so they will avoid latching on to anything that smells of those items. Any of these or a combination can be used in DIY sprays or added to almond oil and rubbed on exposed skin.

For more information in regards to tick prevention and treatment please visit:

<https://www.cdc.gov/ticks/index.html>

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# FIGHT THE BITE



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The most effective way to avoid getting sick from viruses spread by mosquitoes when at home and at work is to prevent mosquito bites. Mosquitoes bite during the day and night, live indoors and outdoors, and search for warm places as temperatures begin to drop. Some will hibernate in enclosed spaces, like garages, sheds, and under (or inside) homes to survive cold temperatures. The most common mosquito-borne viruses are Dengue, Zika, West Nile and Chikungunya here in the United States. Follow the below precautions to prevent mosquito bite and disease exposure:

- **USE INSECT REPELLENT:** containing DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD) or 2-undecanone
- **COVER UP:** Wear long-sleeved shirts and long pants.
- **KEEP MOSQUITOES OUTSIDE:** Use air conditioning, close windows and utilize door screens.
- **POST TRAVEL:** If you have been traveling and have symptoms including fever, headache, muscle and joint pain, and rash, see your healthcare provider immediately and be sure to share your travel history.
- **EMPTY OR DRAIN STANDING WATER:** All mosquitoes like water because mosquito larvae and pupae live in water with little or no flow. Some mosquitoes lay eggs near the edges of lakes and ponds, or among plants in swamps and marshes, or in containers that hold water.

For more information on mosquito prevention and treatment please visit:

<https://www.cdc.gov/nczid/dvbd/media/stopmosquitoes.html>



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