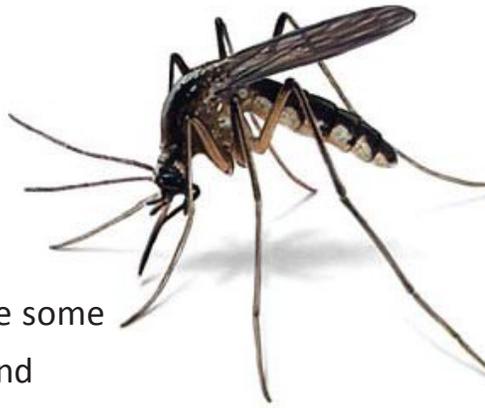


## Working Outdoors:

### Mosquitoes & Ticks

Insects can carry a variety of diseases, so it's best to avoid them whenever possible. If you work outdoors, this isn't an easy task. Here are some tips to avoid mosquitoes and ticks:



- Protect your body to reduce your chances of being bitten by mosquitoes and ticks. Cover your skin as much as possible in lightweight, loose-fitting clothing. Mosquitoes are attracted to darker clothing, so wear light colors if possible.
- Always use an insect repellent that contains DEET. Use spray only on exposed skin or on the outside of clothing. To apply to your face, spray into your hands, then apply. Avoid spraying repellent in open wounds or on irritated skin. If working in sunlight, apply sunscreen before insect repellent.
- For additional protection against ticks, use an insect repellent that contains permethrin. If using a repellent with permethrin, however, be sure to wash and dry clothes in high temperature immediately after work.
- Be diligent about checking for ticks on your skin and clothing. If you discover a tick, remove immediately with tweezers.

### Mosquitoes:

- Generally found around all kinds of bodies of water.
  - Are cold-blooded and generally do not feed below 50 degrees Fahrenheit.
  - Are most active between dusk to dawn.
  - Spread disease by feeding on an infected animal, then passing it on to humans.
- Main carriers of the West Nile Virus.

### Ticks:

- Generally found in heavily wooded areas.
- Can attach to any part of the body, but particularly areas covered in hair.
- Flourish between April in October because of seasonal humidity and moderate to warm temperatures.
- Carriers of Lyme disease.