

Fight the Bite!

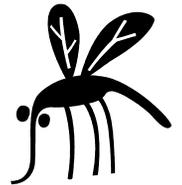


Preventing the Bite!

- Wear long sleeved clothing and pants
- Use repellants containing DEET (30% or less for adults 10% or less for children)
- Keep screens on doors and windows and in good repair
- Check for ticks every 6 hours and remove them promptly
- Limit exposure outside during dusk and dawn to prevent mosquito bites
- Keep your grass cut short
- Change water in pet bowls and bird baths at least once a week.
- Empty, destroy, recycle, or cover containers like tires, tin cans, buckets, and bottles that hold water where mosquitoes can lay their eggs.

Fast Facts about West Nile Virus!

- West Nile is a virus carried by mosquitoes that can cause illness in some people
- People 50 years of age and older and those with health problems are most at risk for serious illness due to West Nile virus.
- Most people who are infected with West Nile virus suffer no symptoms at all. West Nile virus may cause headache, fever, swollen glands, muscle aches, and often a rash.
- Anyone who may be ill from West Nile virus should see a doctor as soon as possible.



Rocky Mountain spotted fever

- The organism that causes Rocky Mountain spotted fever is transmitted by the bite of an infected tick. The American dog tick and Rocky Mountain wood tick are the primary vectors which transmit Rocky Mountain spotted fever bacteria in the United States.
- Folklore remedies, such as the use of petroleum jelly or hot matches, do little to encourage a tick to detach from skin. In fact, they may make matters worse by irritating the tick. These methods of tick removal should be avoided.

Lyme Disease

Lyme disease is caused by bacteria that are transmitted to humans by the bite of infected deer ticks. About 50 to 150 cases meeting the CDC case definition for Lyme disease are reported annually in North Carolina. Symptoms include a characteristic "bull's-eye" rash, flu-like symptoms such as fever, malaise, fatigue, headache, muscle aches and joint aches. Lyme disease may have long-term severe, chronic, and disabling effects.