

FIGHT THE BITE!



Protect yourself!

- Ticks can spread Lyme and other diseases.
- Mosquitoes can spread West Nile and Eastern Equine Encephalitis Viruses.

The best way to protect your family from illness caused by mosquitoes or ticks is by keeping mosquitoes and ticks from biting you!

When outdoors ...

- ⇒ Wear long sleeves and pants to reduce mosquito and tick bites.
- ⇒ Consider the use of tick and mosquito repellents; follow label directions.
- ⇒ Wear light colored clothing so you can see ticks and remove them.
- ⇒ Do daily tick checks on yourself and your children.
- ⇒ Remove ticks promptly with tweezers.



Places where mosquitoes may breed



More information can be found on our website: www.co.wayne.ny.us



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Public Health
Prevent. Promote. Protect.
Wayne County, NY