

Bite Free, Healthy ME

Tips for Preventing Diseases from Ticks & Mosquitoes



Ticks and Mosquitoes can carry diseases that can make adults and children ill. Prevent these diseases by preventing bites when ticks and mosquitoes are typically active in Maine: March/April–December for ticks, and June–October for mosquitoes.

Wear EPA-approved insect repellent

Wearing an EPA-approved insect repellent can safely and effectively deter ticks and mosquitos from biting. Apply according to the directions on label.



Wear long-sleeved, light-colored clothing

Wear long-sleeved shirts and pants, and tuck pant legs into socks and shirt into pants to prevent tick and mosquito bites. Light-colored clothes will help you spot ticks



Avoid habitats where ticks are common

Try to avoid wooded or grassy areas with brush and leaf litter where ticks are commonly found. Always walk in the center of trails and paths.



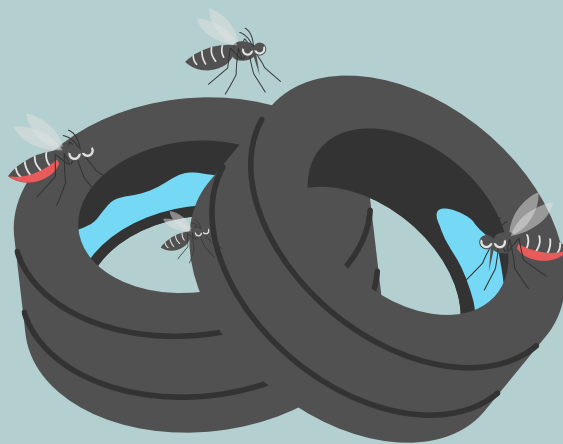
Limit time outdoors when mosquitoes are most active.

Mosquitoes are most active in Maine between early evening and early morning.



Reduce standing water to limit mosquito breeding

Mosquitoes breed in standing or still water. Limit standing water on your property, including old tires, uncovered trash cans or flower pots, unused pools, clogged gutters, and wherever water may pool.



Do a thorough tick check after spending time outdoors

Check your pets, gear, clothing and full-body whenever you spend time outdoors. Parents should carefully inspect children.

Pay special attention to under the arms, behind the knees, between the legs, in and around the ears, in the belly button, around the waist, and the neck and hair.



Keep grass mowed and remove brush and leaf litter

Ticks will hide in tall grass and brush, and mosquitoes use grass and brush as resting places. Keep your lawn mowed and remove brush and debris from your property to reduce risk.



If you find an attached tick...

Carefully remove the tick immediately using tweezers or a tick removal spoon. After removing, thoroughly clean the bite area, your hands, and the remover tool with rubbing alcohol, or soap and water.

Call your doctor if the tick is an engorged deer tick, or if you develop a rash, fever, or feel ill within several weeks of removing the tick.