



MAFES Dawg Tracks

October 15, 2012



Prevent Mosquito & Tick Bites



Summer days and nights are delightful for work and play until the pesky little varmints show up and begin nibbling on your body. These mosquitoes can and do carry a number of dangerous and deadly diseases, such as malaria, dengue, yellow fever and several variations of encephalitis and West Nile virus. Following are some tips to help protect yourself and your friends and fellow workers from these insect-borne diseases:

Remove Their Habitat-

- Eliminate standing water in rain gutters, old tires, buckets, plastic covers or any other containers where mosquitoes can breed.
- Empty or at least change the water in bird baths, fountains, wading pools, rain barrels and potted plant trays at least once a week to destroy potential mosquito habitats.
- Drain or fill temporary pools with dirt.
- Keep swimming pool water treated and circulating.

Prevent your exposure to Mosquitoes-

- Use EPA-registered mosquito repellents when necessary and follow the label for instructions and precautions closely.
- Use head nets, long sleeves and long pants if you venture into areas with high mosquito populations, such as marshes or sloughs from recent rains.
- If there is a mosquito-borne disease warning in effect, stay inside during the evening when mosquitoes are most active.
- Make sure that your doors and windows are “bug tight.”
- Replace outdoor lights with yellow “bug” lights which tend to attract fewer mosquitoes than ordinary lights. Keep in mind that yellow lights *are not* repellants, but serve as a partial deterrent.

Use Structural Barriers-

- Cover all gaps in walls, doors and windows to prevent mosquitoes from entering.
- Make sure window and door screens are in good working order (insulating strips are intact and windows have no open cracks between the windows and the facings).

Avoid Getting Bitten-

- Keep mosquitoes away from exposed skin by wearing long sleeve shirts and long pants and socks.
- Tuck shirts into your pants and pants into your socks to help protect you from exposure to your skin.
- Try to plan your work or play, when possible, after sunrise, before sunset and early in the evening when mosquitoes are less active.

West Nile Virus-

About one in 150 people infected with West Nile Virus will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms can last for several weeks, and neurological effects may be permanent.

Milder symptoms can occur in some people. Up to 20% of the people who become infected have symptoms such as fever, headache, body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach, and back. Symptoms can last for as short as a few days, though even healthy people have become sick for several weeks. Approximately 80% of people (about 4 out of 5) who are infected with WNV will not show any symptoms at all.

Ticks-

Like mosquitoes, tick bites can result in Lyme disease. If you have ever seen a person that has had Lyme disease, it will surely get your attention. Most everyone working or playing in the outdoor environments are susceptible to tick bites, including landscape workers, utility line workers, farmers, freshwater fishermen, women, campers, hunters, hikers and others.

For our own personal safety we should reorient ourselves and fellow workers each year with the habits and habitat of the ticks and teach ourselves to prevent tick bites. The after effects can be very harmful and debilitating.

Lyme disease is spread by the tiny deer tick. They feed on blood, and infected ticks can transport the disease as they feed. The deer tick prefers wild animals, especially mice, birds, opossums, raccoons and deer. Favorite habitats are dense, thick woods with heavy undergrowth of shrubs and small trees. Like mosquitoes, they can be found in bird baths, bird feeders, wood piles and tree houses out in the woods.

Personal Protection-

- Refer to mosquito protection above for the proper clothing.
- Avoid tall grass and shrubby areas, when possible.
- Remove brush piles
- Keep your lawn mowed
- Clear out vegetation in wooded areas

Tick Control –Insecticides for Consideration-

- ~Sevin (Carbaryl) ~Dursban (Chlorpyrifos)
- ~Premethrin (a pyrethroid) ~Diazinon (Spectride)

SAFE ACTIONS BRING LASTING SATISFACTION
xxxxxxx
SAFETY IS THE LIGHT--- LET IT SHINE!!

*Ted Gordon-Risk Mgmt. / Loss Control Mgr.
MAFES / MSU-ES (662) 566-2201
Excerpts: www.cdc.org 9/17/2012
Safety Daily Advisor*