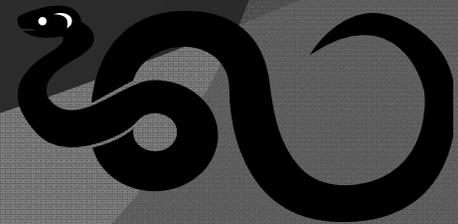
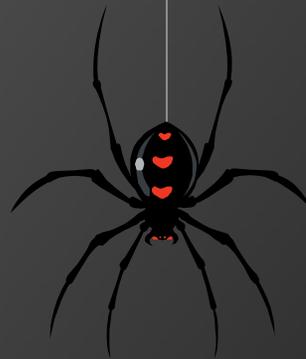




Don't

BITE ME



MOSQUITOES, TICKS, & BITING FLIES

TICKS

Lyme disease
Babesiosis
Ehrlichiosis
Rocky Mountain Spotted Fever
Tularemia (Rabbit Fever)

MOSQUITOES

Encephalitis
West Nile Virus

BITING FLIES

Tularemia (Rabbit Fever)

FIGHT THE BITE

- USE INSECT REPELLANT ON EXPOSED SKIN AND DIRECTLY ON CLOTHES WHEN YOU GO OUTDOORS. **READ LABELS ON REPELLANT PRODUCTS TO ENSURE PROPER APPLICATION AND USE.**
- WEAR LIGHT COLORED CLOTHING. WHEN WEATHER PERMITS WEAR LONG SLEEVES, LONG PANTS AND SOCKS WHEN OUTDOORS. TUCK PANT LEGS INTO SOCKS OR BOOTS FOR ADDED PROTECTION.
- THE HOURS FROM DUSK TO DAWN ARE PEAK BITING TIMES FOR MOSQUITOES. AVOIDING OUTDOOR ACTIVITIES DURING THESE TIMES TO FURTHER PROTECT YOURSELF AGAINST MOSQUITO BITES.
- DRAIN STANDING WATER AROUND YOUR HOME AND WORK SITE.
- KEEP GRASS & BRUSH CUT DOWN LOW AND REMOVE PILES OF DEBRIS AND LEAVES TO HELP ELIMINATE POTENTIAL BREEDING SPOTS FOR TICKS AND MOSQUITOES.

BEES, WASPS & HORNETS

- Outdoor workers are at risk of being stung by flying insects such as bees, wasps, and hornets. While most stings cause only mild discomfort, some may result in severe allergic reactions that require immediate medical care and may even cause death.
- Workers with a history of severe allergic reactions to insect bites or stings should consider carrying an epinephrine auto injector (EpiPen) and should wear a medical identification bracelet or necklace stating their allergy.

AVOID THE STING

- WEAR LIGHT-COLORED, SMOOTH-FINISHED CLOTHING.
- AVOID PERFUMED SOAPS, SHAMPOOS, AND DEODORANTS. DON'T WEAR COLOGNE OR PERFUME.
- WEAR CLEAN CLOTHING AND BATHE DAILY. (SWEAT MAY ANGER BEES.)
- KEEP WORK AREAS CLEAN. WASPS ARE ATTRACTED TO PLACES WHERE HUMANS DISCARD FOOD.
- REMAIN CALM & STILL IF A SINGLE STINGING INSECT IS FLYING AROUND.
- IF YOU ARE ATTACKED BY SEVERAL STINGING INSECTS AT ONCE, RUN TO GET AWAY FROM THEM.
 - A SHADED AREA IS BETTER THAN AN OPEN AREA TO GET AWAY FROM THE INSECTS.
- IF A STINGING INSECT FLIES INTO YOUR VEHICLE, STOP THE CAR SLOWLY, AND OPEN ALL THE WINDOWS.

SPIDERS

- ◎ VENOMOUS SPIDERS FOUND IN THE UNITED STATES INCLUDE THE BLACK WIDOW, BROWN RECLUSE, AND HOBO SPIDERS.
- ◎ THESE SPIDERS OCCASIONALLY FIND THEIR WAY INSIDE STRUCTURES OR BUILDINGS AND CAN ALSO PRESENT A RISK TO INDOOR WORKERS.



FIGHT THE BITE

- Inspect or shake out any clothing, shoes, towels, or equipment before use.
- Wear protective clothing such as a long-sleeved shirt and long pants, hat, gloves, and boots when handling stacked or undisturbed piles of materials.
- Minimize the empty spaces between stacked materials.
- Remove and reduce debris from around the outdoor work areas.
- Trim or eliminate tall grasses from around outdoor work areas.
- Store apparel and outdoor equipment in tightly closed plastic bags.
- Keep your tetanus boosters up-to-date (every 10 years).

SNAKES



COPPERHEAD



COTTONMOUTH aka
WATER MOCCASIN

SNAKES

- ◎ POISONOUS SNAKES ARE A HAZARD IN MANY AREAS OF THE UNITED STATES, **ALTHOUGH DEATHS FROM SNAKEBITES ARE RARE.**
- ◎ COMMON SENSE IS THE BEST PRECAUTION AGAINST A SNAKEBITE. MOST SNAKEBITES ARE THE DIRECT RESULT OF STARTLING, HANDLING, OR HARASSING SNAKES. THEREFORE, ALL SNAKES SHOULD BE LEFT ALONE.

IMPORTANT FACTS

- ⦿ The chance that any one person is going to become ill from a single mosquito bite remains low. The risk of severe illness and death is highest for people over 50 years old, although people of all ages can become ill.
- ⦿ Bees release a chemical when they sting, which may attract other bees.