



Enjoy the Outdoors – But remember to Fight the Bite!

With the weather finally cooperating, it is time to get outdoors! Being active outside is a great way to help your kids get the recommended 60 minutes or more of activity each day. As an adult, playing with your kids, or just enjoying the great outdoors, can help you achieve the recommended 150 minutes of physical activity per week. In Scott County and throughout Iowa, take advantage of the many opportunities to become active outside. The Scott County Park System is a great place to start!

- [Scott County Conservation Department](#)
- [Wapsi River Environmental Education Center](#)

Whether you are enjoying one of our Scott County parks or being active in your own backyard, it is important to protect yourself and your family from disease caused by mosquitoes and ticks. Mosquitoes can transmit diseases, such as West Nile Virus, through their bite. Ticks can carry germs that can cause Lyme Disease and Rocky Mountain Spotted Fever. The best way to protect yourself from mosquito and tick borne diseases is to prevent being bit in the first place!

How to Prevent Mosquito Bites

- **Use a DEET containing bug spray or wipes.** Always read directions before putting it on.
- **Wear the right clothing.** Wear light colored clothing with long sleeves, pants, and socks.
- **Mosquito-proof your home or tent.** Repair tears in window and door screens.
- **Know peak mosquito hours.** Limit time outdoors at dawn and dusk when mosquitoes are most likely to bite.
- **Use mosquito netting.** Use netting over infant carriers. Bug spray containing DEET is safe for children 2 months of age or older. Refer to directions before applying.



- **Reduce mosquito breeding grounds.** Visit [Scott County Health Department: Mosquitoes](#) for tips.

How to Prevent Tick Bites:

- **Use a DEET containing bug spray or wipes.** Always read directions before putting it on.
- **Avoid wooded and grassy areas.** These are the areas where ticks are usually found.

- **Wear the right clothing.** Wear long-sleeved shirts and long, light-colored pants tucked into socks or boots.
- **Stay on trails.** When walking or hiking avoid high grass.
- **Check yourself, your children and your pets for ticks.** Ticks tend to prefer the back of the knee, armpit, scalp, groin, and back of the neck.

If you discover a tick on your body, remove it right away. Folk remedies, such as burning the tick with a match or covering it with petroleum jelly or nail polish, are not effective. The Centers for Disease Control and Prevention recommend the following instructions for removing a tick:



- Carefully grasp the tick by using tweezers to grip the tick by its mouthparts which are close to the skin. Do not squeeze the tick's body.
- Pull steadily directly away from your skin. Because removing the tick's body is your main goal, don't worry if its mouthparts break off in the process.
- Clean the wound and disinfect the site of the bite.

Common Confusions about DEET

DEET is an insecticide.

FALSE. DEET is the active ingredient in most insect repellents available in the United States that are applied to the skin, however, it is not an insecticide. DEET works by disrupting the sensors that mosquitoes use to find you. DEET is an insect repellent; it does not kill mosquitoes like an insecticide.

DEET is unsafe.

FALSE. Many studies have been conducted regarding the health-effects of contact with DEET for human exposure. The results show there are no unreasonable adverse effects to people or the environment with the normal use of DEET products as directed by the label. The American Academy of Pediatrics (AAP) recommends that repellents with DEET should not be used on infants less than 2 months old.

There are alternatives to DEET.

TRUE. The CDC and the EPA have investigated non-DEET mosquito repellents. Their recommendation is a repellent which uses oil of lemon eucalyptus and/or picaridin. However products with these ingredients should not be used on children under 3 years old.





MARK YOUR CALENDAR!

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00PM Thursday, July 18, 2013.*

OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.

SCOTT COUNTY HEALTH DEPARTMENT

Scott County Administrative Center, 4th Floor

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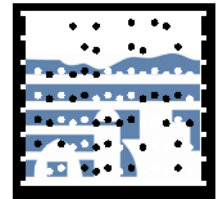
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