

Insect-Borne Diseases in New Hampshire

DON'T LET THEM BUG YOU!

Mosquito bites can make you sick with **West Nile Virus**
and **Eastern Equine Encephalitis**

Tick bites can make you sick with **Lyme Disease**



Use insect repellent according to product label directions

Wear protective clothing such as long-sleeved shirts and long pants

Avoid outdoor activity when mosquitoes are most active

Stay away from tick-infested areas such as overgrown grass and brush in your yard and the woods

Perform tick checks regularly and remove any ticks

**Protect yourself and your family—
Avoid mosquito and tick bites.**



For more information contact the
New Hampshire Department of Health and Human Services
603-271-4496 or www.dhhs.nh.gov

