

# Summer Safety Tips

## Prevent Mosquito Exposures:



West Nile disease and other mosquito-borne illnesses can be prevented by reducing the number of mosquitoes around your home and by taking personal precautions to avoid mosquito bites.

- Eliminate all sources of standing, stagnant water where mosquitoes can breed, including bird baths, ponds, flowerpots, wading pools, old tires, rain gutters etc.
- Make sure doors and windows have tight-fitting screens. Repair or replace screens that have tears or other openings.
- Avoid being outdoors when mosquitoes are most active, especially between dusk and dawn.
- When outdoors, wear shoes and socks, long pants and a long-sleeved shirt, and apply insect repellent that includes DEET, picaridin or oil of lemon eucalyptus according to label instructions

## Prevent Animal Bites & Rabies Exposures:



There are a number of ways to prevent animal bites and possible exposure to rabies while enjoying the outdoors.

- ▲ Enjoy wild animals from afar and avoid direct contact with stray animals
- ▲ Avoid attracting wild or stray animals by making sure trash cans and pet foods are secured.
- ▲ Do not nurse sick animals (wild or stray) to health as that animal may have rabies or other communicable diseases
- ▲ Bats are animals that are commonly known for carrying rabies
  - Avoid handling bats
  - Prevent bats from entering your house.  
Seal off exterior openings larger than 1/2-inch.
  - **Seek medical attention if:**
    - ◆ You are bitten by a bat
    - ◆ Bat saliva comes in contact with nose, mouth, eyes or skin abrasions
    - ◆ A bat is found in the room with a sleeping person,
    - ◆ A bat is found in a room with a small child or other person who cannot clearly identify if a bite or saliva exposure has taken place

**If you are bitten by an animal, immediately wash the bite with soap and water, seek medical evaluation and report the bite to local animal control.** Call your local animal control or animal rescue group if you find a sick animal.

## Prevent Tick Exposures:

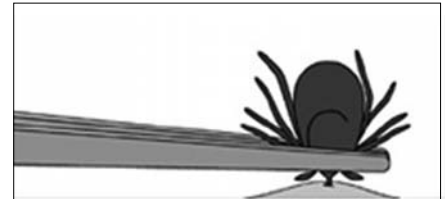


Ticks come in all sizes and can transmit a number of diseases including Lyme Disease, Rocky Mountain Spotted Fever, Ehrlichiosis and Tularemia. To prevent exposure to tick bites follow these tips.

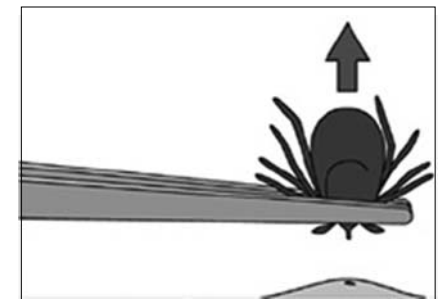
- ▼ Walk in the center of trails to avoid overhanging grass and brush
- ▼ Apply insect repellent containing DEET as directed
- ▼ Wear light colored clothing and tuck pants into socks
- ▼ Examine clothing and skin frequently for ticks
- ▼ Check pets for ticks and discuss use of tickborne disease prevention with your veterinarian

**Carefully remove attached ticks immediately. Grasp the tick with fine point tweezers close to the skin as possible and gently but firmly pull it straight out. Wash the bite area with soap and water.** See your doctor if any unexplained rash or illness accompanied by a fever occurs during the month following a tick bite.

Tick Removal Step 1:



Tick Removal Step 2:



Do not use petroleum jelly, a hot match, nail polish, or other products to remove a tick.

### Contact Numbers:

Kane County Health Department  
Environmental Health Division  
**630-444-3040**

Kane County  
**Health**  
Department

Kane County Animal Control  
**630-232-3555**

[kanehealth.com](http://kanehealth.com)

Kane County Health Department  
Communicable Disease Program  
**630-208-3801**