

COUNTY OF KANE



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Kane County Health Department Encourages Residents to 'Fight the Bite' and Protect Against Mosquito and Tick-Borne Illnesses

(Media Release 6/23/25) With summer returning to Kane County, the Kane County Health Department (KCHD) is reminding residents to take simple precautions to protect themselves and their families from mosquito and tick bites. Through its "Fight the Bite" campaign, KCHD is raising awareness about how to prevent the spread of West Nile virus, Lyme disease and other vector-borne illnesses.

“Spending time outdoors is one of the best parts of summer,” said Michael Isaacson, Executive Director of the Kane County Health Department, “but it’s important to take steps to avoid bites from mosquitoes and ticks, which can carry serious diseases. Preventing bites and eliminating mosquito breeding sites are simple, effective ways to stay safe this season.”

KCHD recommends the following actions to prevent mosquito and tick bites:

Mosquito bite prevention:

1. Drain standing water around your home weekly. Mosquitoes lay eggs in water that can collect in items like flower pots, gutters, old tires, and kiddie pools.
2. Use EPA-registered insect repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus.
3. Wear long sleeves and pants when outdoors, especially at dawn and dusk when mosquitoes are most active.
4. Ensure screens on windows and doors are in good repair to keep mosquitoes out.

Tick bite prevention:

1. Stay on marked trails and avoid tall grasses and brush when hiking or walking outdoors.
2. Use tick repellent on skin and clothing.
3. Wear light-colored clothing to spot ticks more easily.
4. Check yourself, children, and pets for ticks after spending time outside.
5. Shower soon after being outdoors to help remove ticks that have not yet attached.

For more information about vector-borne diseases and preventing mosquito and tick bites, visit kanehealth.com/Pages/Vector-Borne-Disease.aspx or follow us on Facebook at facebook.com/kanehealth.