

TICK AND MOSQUITO PREVENTION AT CAMP



Ticks and mosquitoes are common in Pennsylvania. Engaging in outdoor activities increases your risk of tick and mosquito bites, but you have tools to prevent tick and mosquito bites!

Mosquitoes in Pennsylvania may carry diseases such as **West Nile Virus**, the most common mosquito-borne disease in Pennsylvania. Ticks in Pennsylvania may carry diseases such as **Lyme disease**, the most common tickborne disease in Pennsylvania and the United States. Less common tickborne diseases in Pennsylvania include anaplasmosis, babesiosis, Powassan virus, ehrlichiosis and Rocky Mountain spotted fever.

Before Camp

- ❑ **Pack insect repellent.** Select a repellent that is EPA approved for ticks and mosquitoes. These are the most effective insect repellents.
- ❑ **Spray clothes, shoes and camping gear with permethrin.** Permethrin is an insecticide that kills ticks and mosquitoes on contact. You can use permethrin on clothes, shoes, sleeping bags, tents and other gear.
- ❑ **Pack a tick removal tool.** Tweezers or a tool for removing ticks should be packed in case a tick is found already embedded.

At Camp

- ❑ **Use insect repellent** every day. Spray your skin and over your clothes every morning and reapply throughout the day.
- ❑ **Check for ticks regularly.** Check for ticks throughout the day. At the end of the day, conduct a thorough tick check.
- ❑ **Remove any ticks you find promptly.** Ask an adult for help if necessary.
- ❑ **Shower after being outdoors.** Shower regularly, if possible, to remove any ticks that may be crawling.

After Camp

- ❑ **Place all clothes and washable gear in the dryer.** Place clothes in the dryer for 10 minutes on high heat to remove any ticks that may be on them.
- ❑ **Watch for signs and symptoms of tick and mosquito borne illnesses.** If you develop symptoms of tick or mosquito borne diseases like fever, joint or body aches, headaches, nausea, vomiting, diarrhea, or a rash, see a healthcare provider.

**Don't Let a Tick
Make You Sick!**

