

DISASTER QUICK TIPS: BITING INSECTS AND TICKS

Floods may increase insects

Standing water left by a flood can make mosquito numbers rise. Greater river flow can lead to larger numbers of black flies (biting gnats). Other insects, such as wasps, may become very aggressive.

Disease risk is low

Only a few types of mosquitoes and ticks can cause disease in people. Only a very small number of these actually carry disease.

Usually the risk of such diseases often goes down right after a flood. This risk may go up in later months or years.

The table below shows when and where diseases from tick or mosquito bites are most common in Minnesota.

Note: MDH has detailed fact sheets on these topics. See back page.

To protect against bites:

- Wear insect repellent;
- Wear long sleeve shirts and pants -- light colors reduce mosquito and black fly bites and make it easier to see ticks;
- Avoid outdoor activity at peak mosquito feeding times (dawn and dusk);
- Remove containers that hold water (buckets, tires, etc.) from your property.

Safe and effective insect repellent may contain:

- Up to 30 percent DEET;
- Picaridin, oil of lemon eucalyptus, or IR3535 can protect against mosquitoes; and
- Permethrin can be used on clothing (**not** skin) to kill mosquitoes and ticks.

For best results and safety, always follow the label directions.

| INSECT | DISEASE | WHEN | WHERE |
|------------|------------------------|------------|---|
| mosquitoes | West Nile virus | July-Sept. | Western MN farm country |
| | La Crosse encephalitis | | Southeast MN wooded areas |
| ticks | Lyme disease | May - July | Wooded parts east-central, central, and southeastern MN |
| | Human anaplasmosis | | |



Environmental Health Division
 PO Box 64975
 625 Robert Street North,
 St. Paul, MN 55164-0975

MDH Environmental Health Contacts:**Asbestos**

Asbestos and Lead Compliance: 651-201-4620

Web Site: www.health.state.mn.us/divs/eh/asbestos

Carbon Monoxide and Mold

MDH Indoor Air Quality: 651-201-4601 or 800-798-9050

Email: health.indoorair@state.mn.us

Web Site: www.health.state.mn.us/divs/eh/air

Cleaning Up and Food Safety

MDH Food, Beverage and Lodging: 651-201-4500

Email: health.foodlodging@state.mn.us

Web Site: www.health.state.mn.us/foodsafety

Drinking Water**Public Water**

MDH Drinking Water Protection: 651-201-4700

Email: health.drinkingwater@state.mn.us

Web Site: www.health.state.mn.us/water

Wells and Well Water

MDH Well Management: 651-201-4600 or 1-800-383-9808

Email: health.wells@state.mn.us

Web Site: www.health.state.mn.us/divs/eh/wells

MDH Environmental Health Division Emergency Program Contacts:

www.health.state.mn.us/divs/eh/contactus.htm

MDH Environmental Health Flood information Web site:

www.health.state.mn.us/floods

If you require this document in another format such as large print, Braille, or cassette tape, contact 651-201-5000 or 1-800-657-3908.
For deaf or hard of hearing TTY: 651-201-5797



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625 Robert Street North
St. Paul, MN 55164-0975