



## FIGHTING BUG\* BITES OUTDOORS

### STAGNANT / STILL WATER = A BUG'S MATURITY WARD

Mosquitoes generally deposit their eggs in stagnant water or moist areas where water will accumulate:

- Some lay as many as 200 eggs and only need a teaspoon full of water to do so
- Dump/drain anything that can hold water within the workplace area
- Eliminate/drain or use larvicides in any standing water prior to working there
- Mosquito's life cycle: egg—larvae—pupa—adult

### TICKS LAY EGGS IN DELIBERATE AREAS

Ticks lay eggs after un-attaching from its blood source, in an area where there are blood sources for offspring:

- Ticks seek blood meals at each stage, after egg stage
- Both female nymphs and adult ticks can spread disease
- Life cycle: egg, larva, nymph, adult

### TRAPPING + PEST CONTROL

Monitor effectiveness of pest control:

- Monitor effectiveness of municipal or private company pest control
- Track the numbers and types of pests in the area by trapping
- Trapping can alert you to the types and changes in populations
- Coordinate with spraying or other control methods

### SOME BASIC STEPS

- Use EPA approved repellent on exposed skin. Check level of toxins in ingredients, follow instructions
- Cover as much skin as possible with light colored, loose-fitting clothing
- Ticks seek dark and moist places on the body where it may not be noticed
- Ticks require a lengthy time to suck blood to get sufficient amounts and to transfer sufficient germs for disease transmission

*\*While the term 'bug' is not the scientific nomenclature for all invertebrates and vectors, it is useful terminology for public conversations.*

# Fighting Bug Bites

AS YOU WORK OUTDOORS



**MANY PROFESSIONALS  
WORK OUT-OF-DOORS..**

**BUGS ARE WAITING THERE FOR YOU!**



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## AVOID BUG\* BITES



## AVOID DISEASE



How well you can protect your work location often depends upon how much time you spend there, it may not be feasible to visit prior to the work day. Take as many precautions as you can.



Protecting against Bug Bites takes a stepping stone approach, each step makes you a bit safer.



## ALL VISITS: OBSERVE YOUR SURROUNDINGS-Take Steps



- Cover as much skin as possible with loose, dense materials. Tuck pants into socks, tuck shirt sleeves into gloves, tuck shirt into pants to make it harder for a tick to get onto the skin.
- For exposed skin, use EPA (Environmental Protection Agency) registered repellents, check ingredients and toxicity. Follow directions.
- Very dense fabric that mosquitoes cannot bite through is being developed.



- Do not consume alcohol or use sunscreen prior to a visit. Sunscreen may allow absorption of repellent into the skin. Do not wear floral scents or use floral-smelling soaps prior to a visit to avoid attracting pests that feed on nectar.



Assess the property and surrounding area. Note any standing water or ground depressions where storm-water or run-off can collect.

Be cautious of overgrown weeds, plants, tall grass, shrubbery, trees with tree-holes, wooded or forested areas or piles of wood/lumber, debris, toys, birdbaths, containers or equipment that hold water.

## LEARN ABOUT PEST CONTROL PRODUCTS



Use EPA approved insecticides including repellents, larvicides, acaricides; use outside devices and other registered pest control products. 25(b) repellents are deemed to be less toxic.

Learn about product ingredients, toxicity and when/how to use each. Follow directions. for every product.



## FREQUENTLY OR CONSTANTLY VISITED LOCATIONS



- ✓ Coordinate with pest control to insure consistency over a wide area. Once sprayed or treated, pests will move, then return to original location. Learn the level of toxicity and rotation protocols of chemicals ingredients to help minimize pest resistance.



- ✓ Pest Control should be monitored by trapping to determine control effectiveness.

- ✓ Landscape/drain any standing water or storm-water runoff or use larvicides; use mosquito fish, but NOT in natural habitats.



- ✓ Insure that local public works departments are maintaining sewers and storm-water run-off.



- ✓ Fill tree holes with proper expanding foam or treat them.



## INFREQUENTLY OR RANDOMLY VISITED LOCATIONS

- ✓ Attempt to schedule visits at times when there is no accumulated rain water in the area.
- ✓ Wear protective clothing; there are insecticides (permethrin) that can be used (once dried) on gear and clothing (care must be taken to minimize exposure to skin, particularly if sweating or perspiring).
- ✓ If possible, area should be sprayed with an insecticides. Water can be treated with a larvicides (24-48 hours) prior to working at a location.