

Vector-borne diseases are illnesses caused by viruses, bacteria, or parasites and are spread by specific vectors like mosquitoes or ticks. Prevent bites to stay safe.

How To Protect Yourself From Ticks



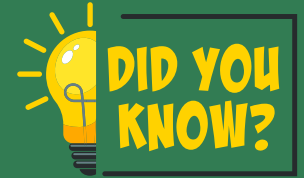
Before Going Outside

1. Wear long sleeves, pants, and use EPA-approved bug spray.
2. Tuck your pants into your socks and your shirt into your pants.

After You Come Inside

1. Check your whole body and your pet for ticks.
2. Shower within two hours after being outdoors.
3. If you find a tick, remove it right away.
4. Dry clothes on high heat for 10 minutes to kill any ticks.

Call your doctor if you get a rash, fever, headache, confusion, sore muscles, weakness, stiff neck, or any unusual symptoms after being bitten by a tick.



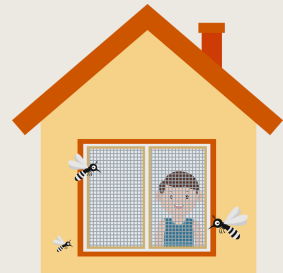
Dog ticks and deer ticks are the most common ticks in Maine?

Deer ticks carry germs that can make us sick, including Anaplasmosis, Babesiosis, and Lyme Disease.

How To Protect Yourself From Mosquitoes



- **Use air conditioners and screens** to keep mosquitoes out of your house.
- **Be sure to empty any standing water**, like in a bird bath, because mosquitoes lay eggs in water.
- **Use EPA-approved bug spray** when spending time outdoors.
- **Wear long sleeves and pants** to protect your skin.



Call your doctor if you develop a fever, infection, severe allergic reaction, or unusual symptoms after a mosquito bite

How To Protect Yourself From Browntail Moths

- **Avoid touching** caterpillars or their webs to prevent skin irritation.
- **Wear protective clothing**, like long sleeves and gloves, when working in areas with browntail moths.
- **For help** with browntail moths, like removing webs safely or reporting a problem, visit the [Maine Department of Agriculture, Conservation and Forestry's website: Knock Out Browntail](#)



Scan the QR code to visit Maine CDC's website and learn more about vectors and vectorborne diseases.

Spot The Danger

Browntail moths and their nests can cause skin irritation and breathing issues. Avoid contact and take precautions to stay safe.

