



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

Ticks and Mosquitoes 60 Second PSA

This is State Public Health Veterinarian, Dr. Dee Jones. Having fun outdoors can mean fun in the sun, but it can also mean exposure to mosquitoes and ticks. While most insect bites are just annoying some viruses and bacteria can be spread through the bites.

There are several things you can do to lower your risk, such as using EPA registered repellents containing 20 percent D-E-E-T or picaridin. It is best to consult with your child's pediatrician before using repellants. Also, wear light colored clothing with long sleeves and always check yourself for ticks.

Additionally, install or repair window and door screens, empty any standing water in the yard. Keep gutters clean and drainage ditches free from leaves or other yard debris. This will also help reduce standing water.

These basic techniques can help you safely enjoy the outdoors and create memories that will last a lifetime.

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