

Safety Committee's

MONTHLY TIP



BUZZ OFF! Protect Yourself From Pesky Pests

It's a wild world out there, and you may encounter some dangerous critters in the field. But proper protection can help fend off these threatening insects and arachnids.



MOSQUITOES

Threat

Carriers and transmitters of West Nile Virus

Bites can result in a range of symptoms, from flu-like conditions (West Nile fever) to potentially life-threatening disease (West Nile encephalitis or meningitis)

Prevention



Keep skin covered as much as possible



Avoid use of scented lotions, perfumes/cologne



Use repellents with DEET or Picaridin; spray on skin and outside of clothing



BEEES & WASPS

Threat

Allergic reaction

Precaution/Treatment



Verify any bee allergies via skin testing and consider immunization

Carry sting kit (EpiPen®) if necessary

Carry identification notifying hypersensitivity

Keep sweet items covered, such as soft drinks, ripened fruit

Avoid use of scented lotions, perfumes/cologne

Keep an eye out for insect entry/activity, being particularly cautious near likely nesting habitats (such as white firs in the Sierras)



DON'T MOVE RAPIDLY
This often provokes attack



DON'T SWAT
Wasp venom contains pheromones, signaling nearby wasps to swarm

Remove any bee stingers as quickly as possible—the longer the stinger remains in the skin, the stronger the reaction can be



TICKS

Threat

Blacklegged ticks are carriers and transmitters of Lyme Disease (*Borrelia burgdorferi*)

Without treatment, bacteria from an infected tick bite can spread to joints, heart and nervous system

Ticks latch onto skin, requiring careful removal

Prevention



Use repellents with DEET or Picaridin on skin



Use Permethrin as extra protection
FOR CLOTHING/GEAR USE ONLY!

Wear light colors to make ticks more visible; check for ticks every 2-3 hours



Wear long sleeves and pants, tucking pants into socks or shoes

Removal

Using tweezers, grasp mouthparts as close to skin as possible. Gently pull straight out.

After removal, disinfect the bite and wash hands. Contact doctor with any concerns. If possible, capture insect for proper identification.



DON'T SQUEEZE!
Body of tick can contain infectious fluids