



Insects and Bugs

How to prevent injury from insects/bugs

What is the Problem?

Stinging or biting insects or bugs can cause a range of reactions to those who are bitten; from mild discomfort of pain to a lethal reaction for those who are allergic to the insect's/bug's venom.¹ Furthermore, some insects and bugs can transmit diseases such as West Nile Virus, Lyme Disease, Dengue Fever, the plague, and many other serious infections.²



Facts

- Since 1999, more than 30,000 people in the United States have been reported as getting sick with West Nile Virus, a disease transmitted by mosquitoes. Of those approximately 13,000 were seriously ill and over 1,200 died.³
- Mosquitoes that carry West Nile Virus bite primarily from around sundown to around sun-up (throughout the night).⁴
- In the United States from 2002-2011, the number of confirmed Lyme Disease cases ranged from a low of 19,804 in 2004 to high of 29,959 in 2009.⁵
- Ticks bite at all times throughout the day/night.⁶
- Around the world there are approximately 50-100 million Dengue infections (carried by infected mosquitoes) every year and over 2.5 billion people are at risk of getting infected with Dengue virus.⁷
- Bees, wasps, and hornets are most abundant in the warmer months.⁸

Prevention Tips

- **Use and properly apply insect and tick repellent.** Repellent should contain at least 20% DEET, picaridin, IR3535 or oil of lemon eucalyptus. Be sure to follow application directions and reapply as appropriate.⁹
- **Avoid perfumed soaps, shampoos, and deodorants.** Insects are attracted to the sweet smell.¹⁰
- **Wear clean clothing and bathe daily.** Sweat may anger bees.¹¹
- **Avoid tick-infested areas (tall grassy areas).**¹²
- **Keep work areas clean.** Insects and bugs thrive in places where humans discard food.¹³



Plan of the Week (POW):

Warmer temperatures are not just attractive to people, but to insects and bugs that can transmit various diseases.¹⁴ **ALWAYS** use insect and tick repellent and apply it properly.¹⁵

References

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NMCPHC Injury Prevention and Violence Free Living Webpage

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

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