



Growing Healthy Communities

For immediate release:

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Stay Safe from Mosquitoes and Ticks This Spring and Summer

As the weather gets warmer, the Plumas County Public Health Agency (PCPHA) wants to remind everyone about the dangers of mosquitoes and tick bites. People spend more time outside during spring and summer, which means there is a higher chance of getting bitten.

Mosquitoes and West Nile Virus (WNV)

Mosquitoes are more active when it is warm. Some mosquitoes can carry diseases like West Nile Virus. WNV spreads through the bites of infected mosquitoes. Most people don't get sick, but some—especially those over 50 or with weak immune systems—can get very sick.

How to Protect Yourself from Mosquitoes:

- **Use Bug Spray:** Choose one with DEET, picaridin, IR3535, oil of lemon eucalyptus, or para-menthane-diol.
- **Wear Long Clothing:** Wear long sleeves and pants, especially in the early morning and evening when mosquitoes are busiest.
- **Dump Standing Water:** Get rid of water in buckets, flowerpots, birdbaths, or anything that holds water. This helps stop mosquitoes from breeding.
- **Use Window Screens:** Make sure your doors and windows have screens to keep mosquitoes out.

Tick-Borne Illnesses

Ticks are also more common in warmer months. They can carry diseases like Lyme disease, anaplasmosis, and Rocky Mountain spotted fever. These diseases can be serious if not treated quickly.

How to Protect Yourself from Ticks:

- **Avoid Tick Areas:** Stay away from tall grass, leaf piles, and thick woods. Stick to the middle of trails when hiking.



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<http://countyofplumas.com/publichealth>

- **Use Tick Repellent:** Use repellent with 20–30% DEET on skin and clothes. You can also spray clothes with permethrin.
- **Check for Ticks:** After being outside, check your body and clothes. Look carefully under arms, behind knees, and in your hair.
- **Shower Soon After Being Outdoors:** Showering within two hours can help wash off ticks and gives you a chance to check for them.

If you find a tick on your body, remove it with tweezers making sure you fully remove the head. Watch for signs of illness like fever, rash, body aches, or pain. If you feel sick after a tick bite, see a doctor right away.

PCPHA urges everyone to take these preventive measures seriously to protect themselves and their loved ones from these seasonal hazards. For more information on mosquito and tick-borne illnesses, please visit [CDPH Vector Borne Disease Webpage](#)