

# **Tick & Mosquito Prevention: Lyme Disease & Other Vector-Borne Risks in Wisconsin**

## **Why It Matters:**

Wisconsin is a hotspot for Lyme disease and other tick-borne illnesses, while mosquitoes can spread West Nile virus. Prevention is key to staying healthy.

## **Key Safety Points:**

- Wear light-colored clothing and tuck pants into boots to spot ticks easily.
- Use EPA-approved insect repellents containing DEET or permethrin.
- After outdoor work, check for ticks, focus on armpits, behind knees, and scalp.
- Remove ticks properly using fine-tipped tweezers—don't crush or twist.
- Drain standing water around work areas to prevent mosquito breeding.

## **Real-Life Risks:**

- Lyme disease can cause long-term joint pain and fatigue if not treated early.
- Many farm workers suffer severe reactions from mosquito bites and tick infections.

## **Discussion Questions:**

- Have you or someone you know had Lyme disease? What were the symptoms?

What are the best ways to reduce mosquito populations around the farm?