



How to have fun in nature

(Minus the itchy bug bites)

Nature update!

Although being out in nature is fun, we must remember the facts:

Bug bites might be itchy, but they may also carry diseases; like Lyme disease and West Nile Virus. This makes bugs Vectors!

These Bug bites harm individuals from ALL AGE GROUPS and ALL ETHNICITIES
So EVERYONE should remember their bug spray.

Effects of climate change

Climate change is badly effecting how insects are moving and how big their numbers are getting

High temperatures and more rain can increase insects' life expectancy, range, and numbers.



Why Do We care?

As bug populations increase, there is a higher chance of catching a bug-borne disease. In New York, the major vector-borne diseases include Lyme Disease and West Nile Virus. These diseases can impact your health negatively.

Small, isolated communities are also more at risk due to a lack of public health resources and response.

How to protect yourself:

Cover your skin - When outdoors, wear long sleeves and cover your skin. Wear light colors to be able to see any ticks that may be on you.

Wear an EPA-approved insect propellant- Apply outdoors and away from food. Apply directly onto clothes and exposed skin.

Check yourself- After coming inside, check yourself for ticks, change your clothes, and shower within 2 hours of returning.



Your Health is in Your Hands:

Choose to have a Healthy and Sun Safe Summer