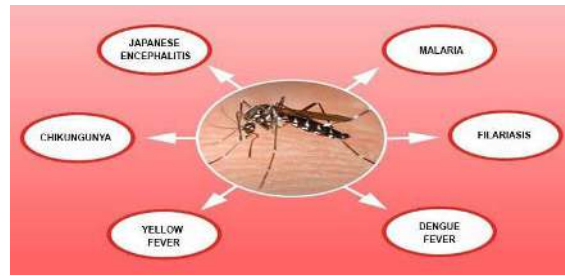


## TOOLBOX TALK #48

### INSECT-BORNE ILLNESSES

Disease cases stemming from mosquito, tick and flea bites more than tripled from 2004 to 2016 in the United States, and outdoor workers remain among those at risk, the Centers for Disease Control and Prevention states in a recent report.

According to the CDC, cases of domestic disease such as dengue, Zika, Lyme and plague totaled more than 640,000 in that time period. The risk for developing insect-borne diseases increases as commerce moves insects to different areas of the country and worldwide, the report states. Mosquitos and ticks can transport germs, while infected travelers can introduce and spread them.



Symptoms of insect-borne disease includes body, muscle and joint pain; fever; rash; stiff neck and headaches; fatigue; and paralysis.

CDC offers tips to help prevent insect stings and bites. Among them:

- Wear clean, light-colored clothing that covers as much of the body as possible
- Bathe daily while avoiding cologne, perfume and perfumed soaps, shampoos, and deodorants
- Maintain clean work areas
- Remain calm around flying insects, as swatting may prompt them to sting
- Perform daily skin and clothing checks for ticks, which tend to populate worksites near woods, bushes, high grass or leaf litter.
- Use insect repellent with 20% to 50% DEET on exposed skin and clothing, reapplying as necessary