



KEEP BUGS AT BAY

Effective bug avoidance requires more than repellent.

YOUR CLOTHES Wear socks with close-toed shoes; loose, long sleeves and pants (mosquitoes can bite through tight clothes), and avoid dark colors (light-colored clothes make it easier to spot ticks). Tuck your shirt into your pants and pants into your socks. Shower when you get home, then inspect your skin and use tweezers to remove ticks. For extra safety, toss clothes into a dryer on high heat to kill stragglers.

YOUR HOUSE Make sure door and window screens are hole-free. Use an air conditioner or fan if you can.

YOUR DECK Our tests last year of two area repellents—citronella candles and a battery-powered diffuser that blows out geraniol—showed they were ineffective at keeping mosquitoes away. But an oscillating pedestal fan on high cut mosquito landings by 45 to 65 percent, at least among people close to it.

YOUR YARD To prevent mosquitoes from breeding, clear ivy and leaves, and keep water from pooling in gutters, tires, wheelbarrows, wading pools, and swimming pool covers. Ticks prefer tall grass and shade, so keep your lawn mowed, remove leaves and debris, and let as much sun into your yard as possible. Consider fencing your property to keep out deer and other animals that carry ticks. And check your cats and dogs for ticks, and use repellents approved for pets.



MOSQUITO-BORNE DISEASES

CHIKUNGUNYA

How Common? No local cases on U.S. mainland in 2015; 202 cases in U.S. territories.

Where? Puerto Rico and the U.S. Virgin Islands.

Symptoms? Fever, headache, and joint pain three to seven days after a bite.

Serious Effects? Usually only in people with other health problems, such as diabetes or heart disease.

Treatment? None. Acetaminophen and fluids to ease symptoms; no aspirin or related drugs such as ibuprofen.

DENGUE

How Common? 211 local cases in 2015; 46 cases in U.S. territories.

Where? Florida, Hawaii, Puerto Rico, and the U.S. Virgin Islands.

Symptoms? Fever, rash, and severe eye, bone, joint, and muscle pain four to seven days after a bite.

Serious Effects? Severe damage to the body's blood vessels leading to bleeding and sometimes death.

Treatment? None. Acetaminophen and fluids to ease symptoms; no aspirin or related drugs such as ibuprofen.

WEST NILE

How Common? 2,060 local cases in 2015.

Where? Every state except Alaska and Hawaii.

Symptoms? Fat, red rash with small bumps two to 14 days after a bite, followed by headache, fatigue, and back pain.

Serious Effects? In rare cases, inflammation of the brain or surrounding tissue, which can be fatal.

Treatment? None. To ease symptoms, fluids and over-the-counter pain relievers such as aspirin, ibuprofen, or naproxen.

ZIKA

How Common? No local cases on the U.S. mainland as of May 2016; 596 cases in U.S. territories.

Where? Puerto Rico, American Samoa, the U.S. Virgin Islands.

Outbreaks expected in summer, especially in Gulf Coast states.

Symptoms? Fever, rash, joint pain, and pinkeye two to 14 days after a bite.

Serious Effects? Birth defects and developmental delays; in adults, Guillain-Barré.

Treatment? None. Acetaminophen and fluids; no aspirin or related drugs.



TICK-BORNE DISEASES

BABESIOSIS

How Common? 1,759 cases in 2014.

Where? Mostly in the Northeast and upper Midwest.

Symptoms? Fever, chills, headache, body aches, and loss of appetite one to six weeks after a bite.

Serious Effects? Blood clots and severe anemia, sometimes fatal.

Treatment? The antibiotic azithromycin plus the antiparasitic atovaquone or, in severe cases, the antibiotic clindamycin plus quinine.

EHRlichiosis/ ANAPLASMOSIS

How Common? 4,488 cases in 2014.

Where? Mostly in the Southeast and South Central (ehrlichiosis), and the Northeast and upper Midwest (anaplasmosis).

Symptoms? High fever and severe headache, fatigue, and muscle aches seven to 14 days after a bite.

Serious Effects? In rare cases, difficulty breathing, bleeding disorders, and death.

Treatment? The antibiotic doxycycline as soon as symptoms appear.

LYME

How Common? About 300,000 cases in 2015.

Where? Mostly in the Northeast and upper Midwest.

Symptoms? "Bull's-eye" rash with fatigue, chills, fever, headache, and muscle and joint pain three to 30 days after a bite.

Serious Effects? In rare cases, lasting joint pain, neurologic damage, facial paralysis, or heart damage.

Treatment? Antibiotics (usually doxycycline or amoxicillin) as soon as symptoms appear.

ROCKY MOUNTAIN SPOTTED FEVER

How Common? 3,647 cases in 2014.

Where? Mostly in Arkansas, Missouri, North Carolina, Oklahoma, and Tennessee.

Symptoms? Fever, headache, stomach pain, vomiting, muscle pain, and rash two to 14 days after a bite.

Serious Effects? Heart damage, kidney failure, and if not treated within five days, sometimes death.

Treatment? Doxycycline as soon as symptoms appear.

Note: All cases are for infections from insect bites in the U.S., not while traveling abroad or from sexual transmission. Mosquito-borne diseases other than Zika are those reported to the Centers for Disease Control and Prevention for 2015; Zika cases are those reported as of May 2016. Tick-borne cases other than Lyme are for 2014; Lyme cases are estimates from the CDC. The CDC says that for all diseases, reported cases are probably less than the actual number.



Scan this page using the Blippar app for a video on the insect repellents that protect against Zika (see page 7 for details).