

# Insect-Borne Diseases in New Hampshire

## DON'T LET THEM BUG YOU!

Mosquito bites can make you sick with **West Nile virus** and **Eastern Equine Encephalitis**

Tick bites can make you sick with **Lyme Disease**



**Use** insect repellent according to product label directions

**Wear** protective clothing such as long-sleeved shirts and long pants

**Avoid** outdoor activity when mosquitoes are most active

**Stay** away from tick-infested areas such as overgrown grass and brush in your yard and the woods

**Perform** tick checks regularly and remove any ticks

Protect yourself and your family—  
Avoid mosquito and tick bites.



For more information contact the  
New Hampshire Department of Health and Human Services  
603-271-4496 or [www.dhhs.nh.gov](http://www.dhhs.nh.gov)

