

## Snakes and Ticks and Mosquitoes, Oh My!

With Summertime weather here, the tendency to spend more time outdoors results in exposure to lots of critters that are hungry and active. Follow these tips to stay safe at work and at home.



### Snakes:

1. According to the California Poison Control Center, over 800 people are bitten by rattlesnakes in California each year. On average, two die.
2. Never put your hand or foot somewhere without looking first. A rattlesnake will not always warn before striking.
3. Be especially careful around rock piles, wood piles and brushy areas. Wear loose fitting long pants and sturdy boots.
4. If you get bitten by a snake STAY CALM. Wash the area with soap and water. Remove items that may constrict swelling like rings and watches. Immobilize and keep the bitten area below the heart and seek medical attention.

### Ticks:

1. Lyme disease is one of several serious diseases carried by ticks in California. The only tick that transmits Lyme to humans in California is the Blacklegged tick.
2. Ticks thrive in forests of Oak, Pacific Madrone, and Douglas fir. After working or playing outside, take a shower and check your entire body daily for ticks.
3. The best way to avoid tick bites is to treat your clothes with permethrin or your your skin with DEET.
4. If you get bitten by a tick, carefully remove it by grasping it as close to your skin as possible, then steadily and slowly pulling straight out. If you experience a rash, swelling, or flu-like symptoms get checked for Lyme disease by your doctor.



### Mosquitoes:

1. Mosquitoes are a known carrier of many diseases, with the latest scare being the Zika virus which is now confirmed in 129 California cities.
2. Protect yourself from mosquito bites by using an EPA-registered insect repellent containing DEET, Picaridin, Oil of lemon eucalyptus, IR3535, or 2-undecanone.
3. Cover up when outside with long pants and sleeves and keep mosquitoes outside with screens or mosquito nets. Be sure to take special care to protect your children.

For any questions regarding this Safety Bulletin, or requests for free onsite safety classes, please contact Kurt Walling, the Loss Prevention Manager for STSIG at [kwalling@stsig.org](mailto:kwalling@stsig.org), or 530-221-6444.

**And remember: *Stay Alert, Stay Alive!***