



# FAMILY HEALTH



## Protection From Disease-Carrying Pests

(NAPSA)—Household pests, such as insects and rodents, can be more than just a nuisance. Fortunately, there are steps you can take to protect your family against the diseases they carry.

A few of the more well-known dangers include Lyme disease and Rocky Mountain Spotted fever. More than 500,000 people visit emergency rooms every year from insect stings, and mosquitoes can carry the highly publicized West Nile Virus and malaria. Exposure to Hantavirus, carried by rodents, can have serious or even fatal results, if not treated.

While pest control professionals are available to help you, the National Pest Management Association offers these tips to help you protect your family:

- **Stinging insects**—Be aware of nesting areas and use caution when in these areas. Also, these insects are attracted to fragrances (including perfume, hair styling products and lotion), open garbage cans and exposed food. This category includes yellow jackets, hornets, wasps, bees and fire ants.

- **Ticks**—When you're in a tick-infested area, wear light-colored clothing so ticks can be spotted easily and removed before attachment. Wearing long-sleeved shirts and pants tucked into socks or boots can also lessen the chance of a tick bite. Apply insect repellents containing DEET. If you've spent time in a tick-infested area, perform daily tick checks and remove any ticks promptly.



**Eliminating household pests is an important step in protecting your family against disease.**

- **Mosquitoes**—Eliminate sources of standing water, including birdbaths and unfiltered ponds, at least once a week. Screen windows, doors and other openings with mesh. Avoid outdoor activities during dusk or dawn, when mosquitoes are most active. Use insect repellent containing DEET, and wear long-sleeved shirts and long pants when outdoors.

- **Rodents**—Keep homes clean, especially kitchens. Keep garbage in tight-lidded containers. Remove debris where rodents could nest. Set spring-loaded traps for rodents along baseboards where they tend to run.

A pest control professional can help reduce and/or prevent pest infestations. To locate a pest control professional, or to learn more about protecting your family, visit the National Pest Management Association at [www.pestworld.org](http://www.pestworld.org).