



MAHONING COUNTY PUBLIC HEALTH

PREVENT · PROMOTE · PROTECT

Address
50 Westchester Drive
Youngstown, Ohio 44515

Phone
330-270-2855

Toll Free
(800) 873-6243

Laboratory Services
330-270-2841

Website
www.mahoninghealth.org

Facebook & Twitter
[@mahoninghealth](#)



Austintown
330-792-2397

Boardman
330-788-1485

Youngstown
234-855-1575



Phone
330-270-2855 ext. 136



FOR IMMEDIATE RELEASE DATE: July 24, 2019	Contact: Kelly Fertig
	Title: Media & Communications Manager, 898 Marketing
	Phone: 724-699-0095
	Email: kfertig@898marketing.com

Diseases from Mosquitos, Ticks, and Fleas Are at Their Height During Summer Months.

Recent Flooding and High Temperatures Can Create the Ideal Environment for Mosquitos and Other Insects to Thrive.

Mahoning County Public Health would like to remind the public that summer is a peak time for the spread of diseases from mosquitos, ticks and fleas.

“As we are spending more time outside during warm summer nights, it is important to protect ourselves and loved ones from mosquito bites,” said Ryan Tekac, Mahoning County Public Health Environmental Division Director. “We can protect ourselves by wearing an EPA-registered insect repellent, covering up at dusk and dawn, using air conditioning, and screening windows and doors.”

Here are some additional tips from the Center for Disease Control (CDC) to help protect yourself from diseases from mosquitos, ticks and fleas:

- Use EPA-registered insect repellent – When used as directed, repellents are safe and effective, even for pregnant and breast-feeding women. Active ingredients should include one of the following:
 - DEET, Picaridin, IR3535, OLE, PMD, and 2-undecanone.
- Wear long-sleeve shirts and long pants while outdoors.
- After going indoors, check yourself, children and pets for any signs of tick bites or ticks that are still attached to clothing.
 - Tumble dry clothing on high heat for 10 minutes.
 - Shower within two hours of returning indoors.
 - Conduct a full body check including under arms, in and around ears, inside the belly button, back of the knees, in and around hair/hairline, between the legs, and around the waist.

If you believe you or a loved one is ill due to a bite from mosquitos, ticks or fleas, contact your primary care physician or visit a local medical center.

ABOUT MAHONING COUNTY PUBLIC HEALTH

Mahoning County Public Health works to protect the public’s health and to ensure conditions in which all people can live healthy lives. Mahoning County Public Health



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offers a variety of services from immunizations to environmental and community health programs. For a complete list of services visit mahoninghealth.org.

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