



Weekly Alert May 9th, 2024

Climate scientists: tick and mosquito diseases likely to rise

Nearly 1 in 3 adults heard it last week

Tick and **mosquito** season is upon us, and **scientists predict** that changes in climate could make future seasons worse. Many adults reported hearing about it last week.

Who is hearing about tick and mosquito diseases?

Of 515 adults surveyed in TX, MO, NE, CO and MD, 31% reported hearing in the last 7 days that tick- and mosquito-borne disease were increasing. African American adults were more likely than Whites to hear it (25% vs 12%), as were those over age 30 vs. younger than 30 (34% vs 20%). In mid-April, only 23% had reported hearing it.

Why could tick and mosquito diseases be rising?

Cases of tick- and mosquito-borne diseases in the U.S. have **more than doubled** in the last 20 years. Ticks and mosquitoes are found in wet and warmer places and breed in standing water. As temperature and humidity increase, their habitats expand. Although both can spread multiple diseases to humans, the most common in the U.S. are Lyme disease (from ticks) and West Nile (from mosquitoes). In Texas, ticks are a threat year-round; mosquito season begins in February.

How can you help?

Community organizations in Texas can share the resources below to help residents **protect against pests** by removing standing water, securing building entrances, wearing protective clothing outside, and using Environmental Protection Agency (EPA)-registered insect repellent if necessary.

This week's report is based on responses from a panel of adult residents of Baltimore, MD (n = 175), St. Louis, MO (n = 152), Omaha, NE (n = 88), Colorado (n=99), and Texas (n=4) surveyed from Saturday, May 4 to Monday, May 6, 2024.

Click to download resources to share in your community.
Remember to include #iHeardTexas #iHeardTX when sharing on social media!

Tick Prevention



Tick prevention
iHeard Texas

Step up your defense.
It's **tick** season!

Ticks are found all over the U.S. and can spread illnesses like Lyme disease.

Swipe for tips to prevent tick-borne diseases.

Source: CDC

This infographic features a large orange tick illustration at the top center. The background is light blue with several smaller blue tick icons scattered around. A dark blue banner at the top left contains the text 'Tick prevention iHeard Texas'. Below it, a dark blue box with white text reads 'Step up your defense. It's tick season!'. The main text explains that ticks are found all over the U.S. and can spread illnesses like Lyme disease. At the bottom, there is a call to action 'Swipe for tips to prevent tick-borne diseases.' with a blue arrow icon pointing right.



To prevent ticks:

Use EPA-registered insect repellent

Stay away from high grass

Secure building entries

Wear protective clothing

Source: CDC

This infographic has a light blue background with a dark blue banner at the top left that says 'To prevent ticks:'. The iHeard Texas logo is in the top right. There are four icons: a blue spray bottle for 'Use EPA-registered insect repellent', a brown circle with a slash over tall grass for 'Stay away from high grass', a blue door with windows for 'Secure building entries', and a yellow jacket, blue pants, and blue boots for 'Wear protective clothing'. The source 'Source: CDC' is at the bottom right.



Check for ticks:

Check for ticks after time outdoors

Examine gear and pets

Source: CDC

This infographic has a light blue background with a dark blue banner at the top left that says 'Check for ticks:'. The iHeard Texas logo is in the top right. There are three illustrations: a yellow human silhouette with blue circles on the head, neck, and legs for 'Check for ticks after time outdoors', a pair of yellow socks for 'Examine gear and pets', and a brown dog for 'Examine gear and pets'. The source 'Source: CDC' is at the bottom right.

Suggested caption:

Don't let a tick make you sick! Wear protective gear (long pants, sleeves and socks) and stay away from tick habitats (long grasses) when possible. Learn more on CDC's website.

#iHeardTexas #TickSeason #Ticks

[Download here](#)

Mosquito Prevention

Step up your defense. It's **mosquito** season!

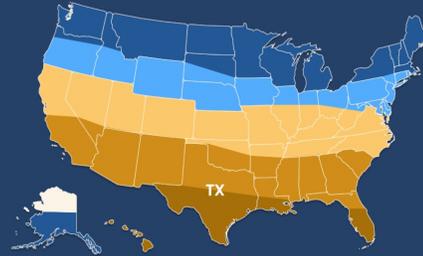
When does mosquito season begin?

Mosquitoes:

- Lay eggs in standing water
- Can spread diseases like West Nile, Zika, Dengue, and Malaria

Mosquitoes are around as early as February and as late as November. Warm and humid areas can have mosquitoes year-round. Texas is in the southern regions.

Swipe to learn how to prevent mosquito-borne diseases.



- Southernmost areas: February–November
- South & Southwest: March–September
- Mid-Atlantic, Midwest & West: Early April–September
- New England, Northern Midwest & West: Late April–September
- Northernmost areas: May–September

Graphic adapted from:
Best Bee Brothers

To avoid mosquito bites:



Wear protective clothing like long sleeves, pants and socks



Replace outdoor lights with yellow "bug" lights



Use EPA-registered insect repellent



Cover gaps in your clothing where mosquitos can get to your skin



Remove standing water where mosquitoes can breed

Source: EPA

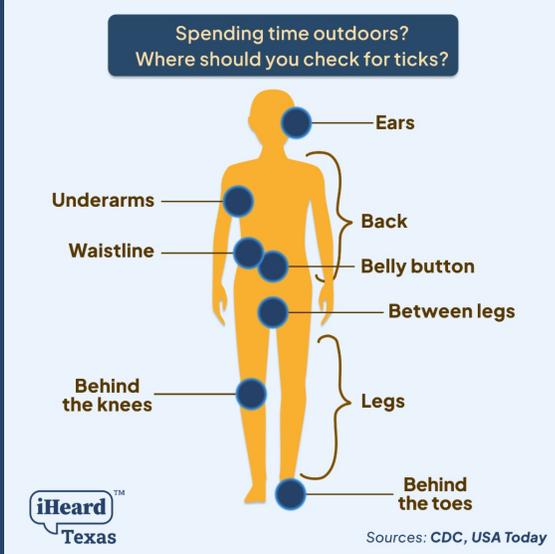
Suggested caption:

It's the start of mosquito season for many places in the U.S. including Texas. Use these tips to help prevent mosquito-borne diseases like Zika and Malaria.

#iHeardTexas #MosquitoSeason #Mosquito

[Download here](#)

Tips and Tricks



Always do a tick check after outdoor hikes and activities! If you find one, remove it with tweezers.

#iHeardTexas #TickSeason #Ticks

[Download here](#)



For all outdoor-lovers, these tips are for you: Wear long sleeves, long pants and socks; Use EPA-registered insect repellent; Replace outdoor lights with “bug” lights
#iHeardTexas #TickSeason #MosquitoSeason

[Download here](#)

Combined Resource

Click to download a printer-friendly PDF with all the information above!

[Download here](#)

For more information on what public health topics are trending this week, stay tuned for our iHeard Texas data dashboard.

[Coming soon!](#)

Explore past alert topics and shareable print and digital graphics from our partners in St. Louis.

[Visit hcrl.wustl.edu](http://hcrl.wustl.edu)

[Texas CEAL website](#)

[NIH CEAL website](#)

Was this forwarded to you?
Sign up to receive weekly alerts.

iHeard Texas, Texas Community Engagement Alliance (CEAL) | 3500 Camp Bowie Blvd, Fort Worth, TX 76107

[Unsubscribe cdipinfo@unthsc.edu](mailto:cdipinfo@unthsc.edu)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by texasceal@unthsc.edu powered by



Try email marketing for free today!