

# VECTOR-BORNE DISEASES



Putting Environmental Health Data into Action

Read and click on the links below to learn about ways to engage in vector-borne diseases action.

## TOP 3 RECOMMENDATIONS:

**Individual:** Learn the signs and symptoms of Lyme disease and West Nile Virus

**Community:** Learn how to perform a tick check to remove ticks from yourself and others

**Structural:** Advocate for additional state-level tick and mosquito surveillance funding

## INDIVIDUAL: Learn, act, and protect yourself

- To learn:
  - [Types of vectors](#) in Pennsylvania that transmit diseases to humans
  - Signs and symptoms of [Lyme disease](#) and [West Nile Virus](#)
  - Ways to [prevent bug bites](#)
- To do:
  - Use the U.S. Environmental Protection Agency's [insect repellent search tool](#)
  - Identify Pennsylvania [counties with West Nile Virus](#)
  - Check state-level [tick distribution maps](#)
  - Read Pennsylvania's [2019 Lyme and Other Tickborne Diseases Surveillance Report](#)
  - If you have a [septic tank](#), inspect and repair your septic tank to keep mosquitoes out

## COMMUNITY: Support your social networks

- Learn how to perform a [tick check to remove ticks](#) from yourself and others
- Implement [tick and mosquito workplace controls](#) to prevent exposure at work
- Teach employees at risk of tick exposure, such as those in wildlife management and landscaping occupations, how to use the [Tick Bite Bot](#) to remove attached ticks
- Encourage neighbors, friends, and family to [protect their yards from ticks](#) with landscaping techniques, such as removing tick-prone [Japanese barberry bushes](#)
- Learn about [tick and mosquito prevention at camp](#)
- Supply educators with materials to [teach children about the risks of ticks](#)
- Report [dead bird sightings](#) and [mosquito concerns](#) in your community

## STRUCTURAL: Advocate for organizational & policy level change

- Advocate for global access to clean water and sanitation to control vector-borne diseases
- Advocate for additional state-level tick and mosquito surveillance funding
- Require Pennsylvania state parks to post [signage on tick and mosquito prevention](#)