**Floods and hurricanes provide more standing water.**

**Ticks and mosquitos breed in standing water.**

**Increases in temperature and humidity expand geographic habitats and breeding seasons.**

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**How does exposure to ticks and mosquitos affect young children’s health?**

- Ticks and mosquitos bite and spread diseases by contact with blood.
- Tick-related illnesses include Lyme Disease, Rocky Mountain Spotted Fever and Ehrlichiosis, among others.
- Mosquito-related illnesses include Zika, Dengue Fever, West Nile Virus, among others.

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**Child-Related Action Steps:**

1. **Remove standing water.**
   - Cover trash cans with lids.
   - Cover outdoor water storage vessels with tightly fitted covers.
   - Empty standing water daily.

2. **Reduce habitats for mosquitos and ticks by removing:**
   - Piles of leaves and wood mulch
   - Structures or plants that shelter mice

3. **Secure entries to the building.**
   - Keep screens on doors and windows in good repair.

4. **Wear protective clothing when outside.**
   - Wear light-colored pants and long-sleeved shirts.
   - Tuck pants into socks.

5. **Conduct tick checks after leaving tick habitats.**
   - Check when ticks are active in your region.

6. **Use EPA-registered insect repellent, if needed, with family permission.**
Action Steps for Policy Change:

1. **Share a parent communication policy to prevent tick-related illnesses.**
   - Dress infants and young children in clothing that covers their arms and legs.
   - During the tick season, conduct tick checks and dry children’s clothing on high heat for 20 minutes.
   - Advise parents about prevention practices.

2. **Collect written permission from parents/guardians to apply insect repellant.**
   - Notify parents when repellents are used.
   - Wash skin with soap and water if repellents are used.

3. **Adopt an Integrated Pest Management Program to reduce exposure to pesticides.**
   - Assess screens for holes or damage.
   - Eliminate standing water outside.

4. **Contact your local or state public health department.**
   - Collect resources and information about local outbreaks.

Resources:

- Caring for our Children. Insect Repellent: 3.4.5.2., IPM: 5.2.8.1., Insect Breeding: 5.2.8.2. [https://nrckids.org/](https://nrckids.org/)
- California Childcare Health Program. Integrated Pest Management Toolkit. [https://cchp.ucsf.edu/content/integrated-pest-management-toolkit-early-care-and-education-programs-0](https://cchp.ucsf.edu/content/integrated-pest-management-toolkit-early-care-and-education-programs-0)
- Centers for Disease Control and Prevention (CDC).
  - Preventing Tick Bites. [https://www.cdc.gov/ticks/avoid/on_people.html](https://www.cdc.gov/ticks/avoid/on_people.html)
- University of Rhode Island. Field Guide to Ticks. [https://web.uri.edu/tickencounter/fieldguide/](https://web.uri.edu/tickencounter/fieldguide/)

Where to Check for Ticks:

[https://www.cdc.gov/ticks/pdfs/FS_TickBite-508.pdf](https://www.cdc.gov/ticks/pdfs/FS_TickBite-508.pdf)