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N.C. State health officials have started the “ Fight the Bite” campaign.

As the weather continues to warm up, state officials are advising North Carolinians to “ Fight the Bite” by taking measures to reduce their risk of tick and mosquito bites. There were 896 cases of tick-borne diseases in N.C. last year and 96 cases of mosquito-borne diseases.

To reduce exposure to tick bites:

- Avoid tick habitats such as wooded, grassy or bushy areas
- Use tick repellent that contains DEET on exposed skin
- A tick can be removed by grasping it with tweezers as close as possible to the skin and applying a steady pull until it releases

To reduce exposure to mosquito bites

- Empty standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, etc.
- Use mosquito repellent that contains DEET.
- Consult with a Doctor before traveling to an area where exotic mosquito-borne diseases occur.

Did you know?

North Carolina is once again distributing fans to people over 60 as well as adults with disabilities to help with the summer heat. The program began in 1986 and hopes to provide a more comfortable living environment as well as to reduce heat related illnesses. For more details, people should contact their area agency on aging or the division of Aging and Adult Services at 919-855-3419.