

Posters and Brochures






<http://www.maine.gov/dhhs/boh/ddc/epi/vector-borne/posters/index.shtml>

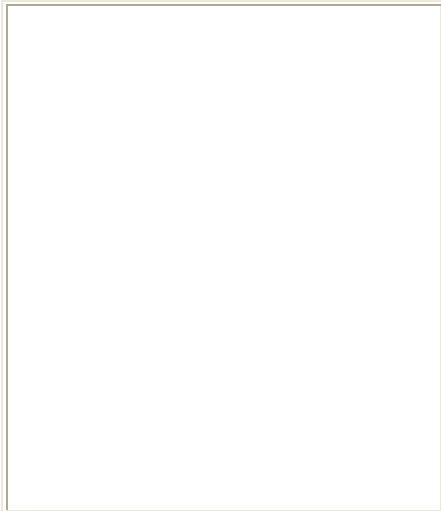
Infectious Disease Epidemiology Program

Vector-borne Posters & Brochures

Below you'll find pictures of the posters available for printing. These are available in Word and pdf formats and print out 8 1/2 x 11.

Hard copies of posters and brochures may also be requested using our [request form](#).

<p>Know Your Ticks Wallet Card</p>  <p>PDF</p>	<p>Lyme Disease: A Public Information Guide Brochure</p>  <p>PDF</p>	<p>Mosquito, Disease, and YOU poster</p>  <p>PDF</p>
<p>Eastern Equine Encephalitis (EEE) brochure</p>  <p>PDF</p>	<p>OSHA Quick Card</p>	<p>Go Ahead Fight the Bite Magnet</p> 



OSHA QUICK CARD

Protect Yourself From West Nile Virus

West Nile Virus (WNV) infection is an illness transmitted by mosquitoes. Mosquitoes spread WNV by biting people and animals. WNV infection can cause fever, headache, muscle aches, and fatigue. In some cases, it can lead to more serious complications, such as encephalitis or meningitis. Most people who get WNV recover completely, but some may have long-term effects. You can help protect yourself by taking the following steps:

Ways to Reduce Your Risk of Getting West Nile Virus:

- Mosquitoes bite at dawn and dusk.
- Mosquitoes are most active during the hours of peak mosquito activity.
- Mosquitoes are most active during the hours of peak mosquito activity.
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Preventing Mosquito Bites:

- Mosquitoes bite at dawn and dusk.
- Mosquitoes are most active during the hours of peak mosquito activity.
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OSHA

[PDF](#)

don't get sucked in!

- Wear long sleeves and long pants.
- Use insect repellent on skin and clothes.
- Take extra precautions at dusk and dawn.
- Check sources of standing water where you live, work and play.

[PDF](#)

Lyme Disease Awareness Month

LYME DISEASE AWARENESS MONTH MAY 2010

K-I-P Please Contact "No Ticks for ME"

- Wear protective clothing
- Use insect repellent
- Use caution in tick-infested areas
- Perform daily tick checks

For more information about Lyme Disease visit www.maine.gov/health

[PDF \(34 MB\)](#)

Don't Forget to Check for Ticks!!

They look a little something like this! But their actual size is more like this!

Places on your body where ticks commonly hide

WHAT TO DO IF YOU FIND ONE ON YOUR BODY:

- Grasp the tick with tweezers as close to the skin as possible.
- Pull gently but firmly until the tick has gone.
- Do not handle the tick with bare hands or squeeze the tick.
- Apply antiseptic to the site.

[PDF](#)

West Nile Virus is a Risk You Can Do something About

West Nile virus is a risk you can do something about.

West Nile virus is one of the most common mosquito-borne viruses in the United States. It is most common in the Northeast, Midwest, and South. It is also found in the West. It is most common in the Northeast, Midwest, and South. It is also found in the West.

What happens if I get infected?

Most people who get West Nile virus do not get sick. However, some people get sick. They may have a fever, headache, muscle aches, and fatigue. In some cases, it can lead to more serious complications, such as encephalitis or meningitis.

For more information:

www.cdc.gov/westnile
 800-CDC-WEST (232-6232)
 1-800-352-9797

OSHA

Protect Yourself From Tick-borne Diseases

Lyme Poster Contest 2011 (May 2011 Lyme Disease Awareness Month)

