

# DISEASES SPREAD BY MOSQUITOES AND TICKS



# MOSQUITOES AND TICKS

**"THEY CAN SPREAD A DISEASE FROM A SICK PERSON OR ANIMAL TO A HEALTHY ONE"**

Mosquitoes and ticks can spread diseases to people and animals. When a tick or mosquito that has a disease bite, the disease can go into the person or animal. Ticks and mosquitoes can also spread a disease if they bite a sick person or animal and then they bite a healthy person or animal.



We will talk about four diseases that mosquitoes or ticks spread. Even though we will only talk about four, they can spread many other diseases.

When mosquitoes and ticks bite people and animals they drink the blood. Mosquitoes drink the blood of a person or animal so they can make eggs. Ticks drink blood to either make eggs or grow into adult ticks.

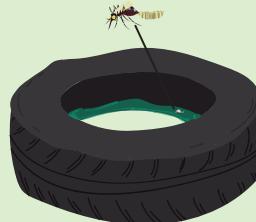


# MOSQUITO HABITAT

**"MOSQUITOES LAY THEIR EGGS DIRECTLY ON WATER OR ON A DAMP PLACE"**



Mosquitoes might lay their eggs in places you visit. It is good to be careful in the places they lay their eggs. Mosquitoes lay their eggs either directly on the water or on a damp place that is likely to flood. This can be a pan or pond, a ditch on the side of a road, a river, a container of water in your house or your yard/garden or even inside of an old tyre that has some water in it.



Once the eggs hatch, the baby mosquitoes live in the water for a few days. Then they grow up and leave the water by flying away on their wings to find food.



# RIFT VALLEY FEVER

One of the diseases mosquitoes can spread is Rift Valley fever.

Rift Valley fever is a disease that affects cattle, goats and sheep. During a Rift Valley fever outbreak many pregnant livestock will have abortions and many of the very young livestock will suddenly die. It can also make people sick, usually it causes fever and feels like having the flu.

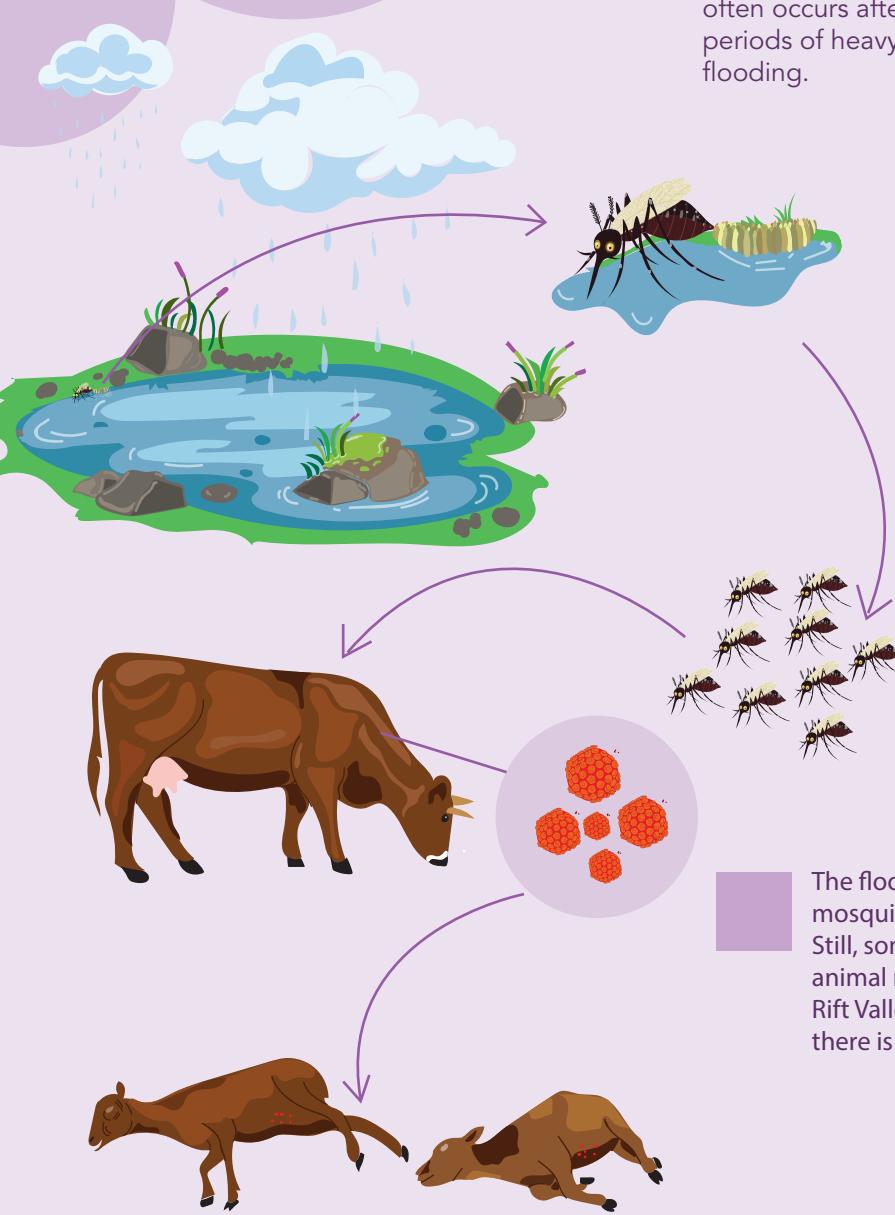


**"RIFT VALLEY FEVER IS A  
DISEASE THAT AFFECTS  
CATTLE, GOATS AND  
SHEEP"**

# SPREAD TO LIVESTOCK

"RIFT VALLEY FEVER  
IS SPREAD BETWEEN  
MOSQUITOES AND  
LIVESTOCK"

Mosquitoes spread Rift Valley fever between livestock. Rift Valley fever often occurs after long periods of heavy rainfall and flooding.



The flooding allows many mosquitoes to hatch. Still, sometimes an animal may get sick with Rift Valley fever when there is little flooding.

# SPREAD TO PEOPLE

People can get Rift Valley fever if they help an animal that is having an abortion because of Rift Valley fever. People can also get sick if they touch or drink the blood or raw milk from an animal that is sick with Rift Valley fever.



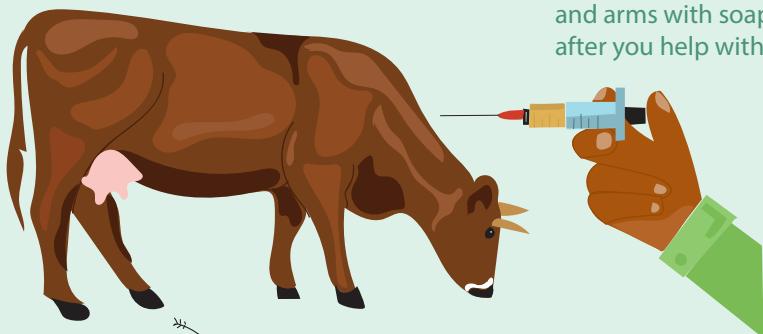
And people can get sick if a mosquito that has Rift Valley fever bites them. While most people who have Rift Valley fever are mildly sick, a few people can get very sick from it. Some people will die from Rift Valley fever.



# STOP RIFT VALLEY FEVER

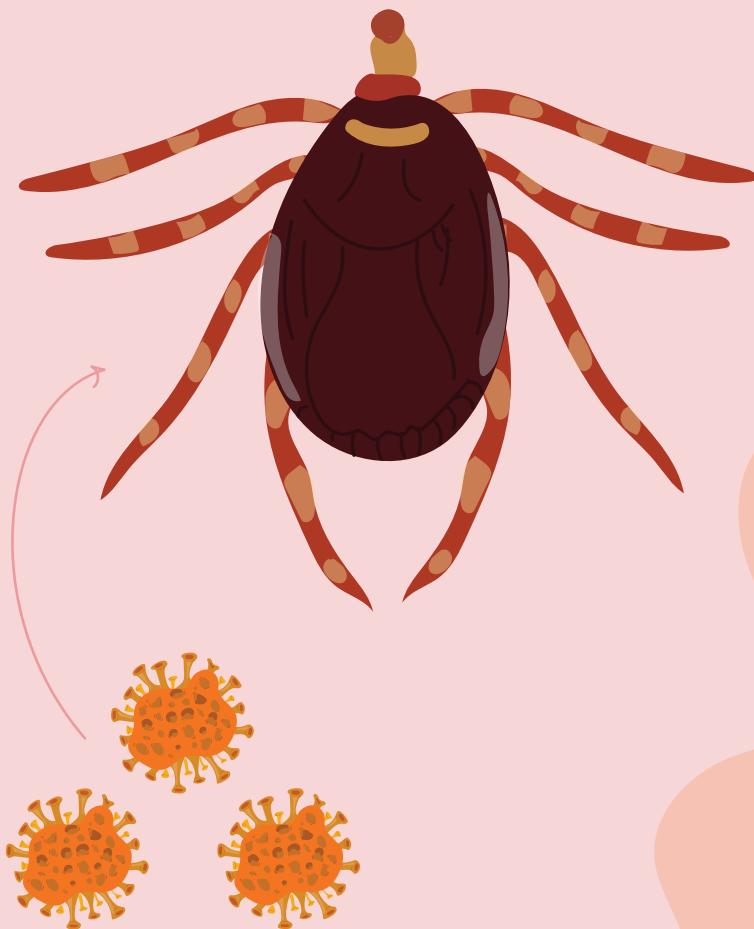
**"THERE IS A  
VACCINE THAT  
WILL PROTECT  
LIVESTOCK FROM  
RIFT VALLEY  
FEVER"**

You can vaccinate your livestock to protect them from Rift Valley fever. We recommend that you give your sheep, cattle and goats a live Rift Valley fever vaccine at least once when they are young. If your animals have Rift Valley fever, you can move them away from the pans where the mosquitoes live. You can move them to higher ground also. When you help an animal give birth or with an abortion, be sure to wear gloves and overalls. Always wash your hands and arms with soap and water right after you help with a birth or abortion.



# CONGO FEVER

The bont-legged tick spreads Congo fever. The adult ticks have a plain back with striped legs.



# CONGO FEVER SIGNS

"CONGO FEVER DOES NOT SEEM TO MAKE ANIMALS SICK, BUT THOSE ANIMALS MAY BE ABLE TO SPREAD IT TO TICKS OR PEOPLE"

People who get Congo fever often get a bad fever, headache and sore muscles. Some people with Congo fever will start bleeding without getting a cut and this can be very bad. One in four people sick with Congo fever will die.



People with Congo fever need to go to the hospital for treatment. Congo fever spreads very easily from one person to another. Going to the hospital will also protect your family and other people from getting it.

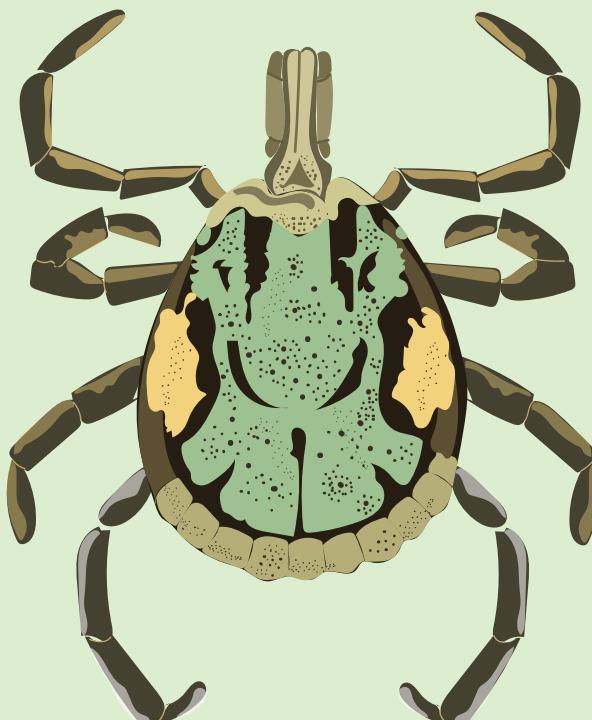


Congo fever does not seem to make animals sick, but animals may be able to spread it to ticks or people. People may get Congo Fever from a tick bite, butchering the meat of an animal or by caring for someone who is already sick from it.

# AFRICAN TICK BITE FEVER

**"THE SOUTH AFRICAN BONT TICK SPREADS  
AFRICAN TICK BITE FEVER"**

The adult ticks have a colourful pattern on their backs. Most often it is the baby ticks that bite people and give them African tick bite fever. The baby ticks are tiny and can be very difficult to find when they are biting you.



# AFRICAN TICK BITE FEVER SICKNESS

"AFRICAN TICK BITE FEVER IS VERY COMMON AMONG PEOPLE LIVING IN RURAL AFRICA BECAUSE THE TICKS READILY FEED ON PEOPLE"

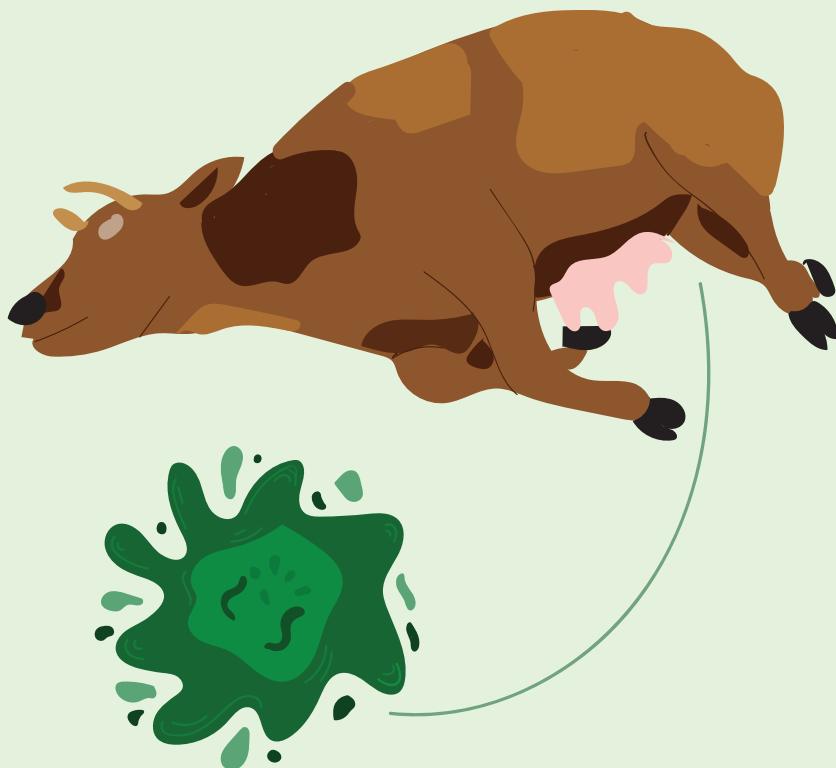


Tick bite fever often causes fever, headache and sore muscles. A few people may get red spots on their skin. While African tick bite fever can make you feel very sick, most people will get better. Most people get better on their own, but some people will get so sick they need to take an antibiotic medicine.

Adult bont ticks feed on cattle, sheep, goats, horses and wildlife. The disease does not seem to make animals sick. But animals that get tick bite fever may be able to spread it to other ticks or people for up to a month.

# HEARTWATER DISEASE

The bont ticks can also spread heartwater to animals. Heartwater does not make people sick. But cattle, sheep and goats that get heartwater often die. The number of livestock that die from heartwater costs South Africa millions of Rands each year.



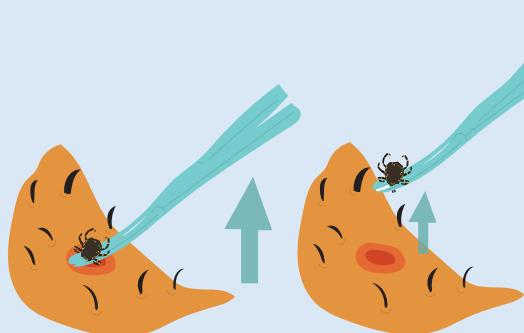
# WHERE TICKS BITE

**"HUNGRY TICKS  
OFTEN WAIT ON  
LONG GRASS, SHRUBS  
OR DEAD LEAVES FOR  
A PERSON OR ANIMAL  
TO PASS BY "**

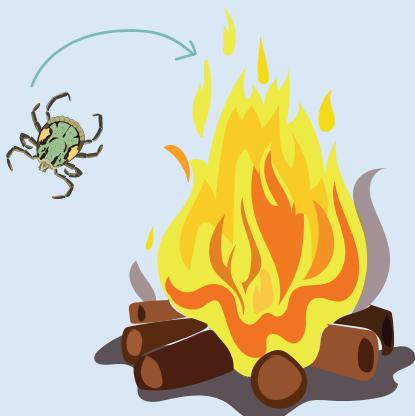
When the person's or animal's leg brushes the waiting tick, it will grab on to the leg. The tick will crawl up from your leg and can bite you anywhere. Most often ticks bite people in the groin or at the waist band, in the armpit, in ears or at the hairline. Ticks cannot jump and rarely live in short vegetation.



# WHAT TO DO WITH A TICK



Remove any tick you find feeding on you or one of your family members right away. When it bites, the tick holds on very tightly and will look like it is stuck to you. The best way to pull the tick off is to use tweezers. Grab the tick by the head (as close to your skin where it is biting as possible) and pull it straight away from you. Do your best to not leave the tick's head in your skin.



It is best to destroy the tick so that it cannot bite you or anyone else again. Two safe ways to kill a tick are to throw it into a nearby fire or crush it between two rocks. Do not crush it between your fingers because that is another way you can get the sickness that it is carrying. After you have removed and killed the tick you should wash your hands with soap and water.



**"IT IS BEST TO DESTROY THE TICK SO THAT IT CANNOT BITE YOU AGAIN OR ANYONE ELSE"**

# STOP TICKS

"IF YOU CAN REMOVE A TICK  
BEFORE IT BITES YOU IT WILL  
NOT MAKE YOU SICK"



The best way to protect yourself against getting sick from a tick bite is to stop the tick from biting you. Always check yourself and your children for ticks at the end of every day spent outside in the fields or with livestock. You can also wear long sleeves and trousers and then tuck your trousers under your socks. That will make the tick climb up the outside of your trousers and it will be easier to see. Finally, you can use an insect spray specifically made for use on people or clothes.



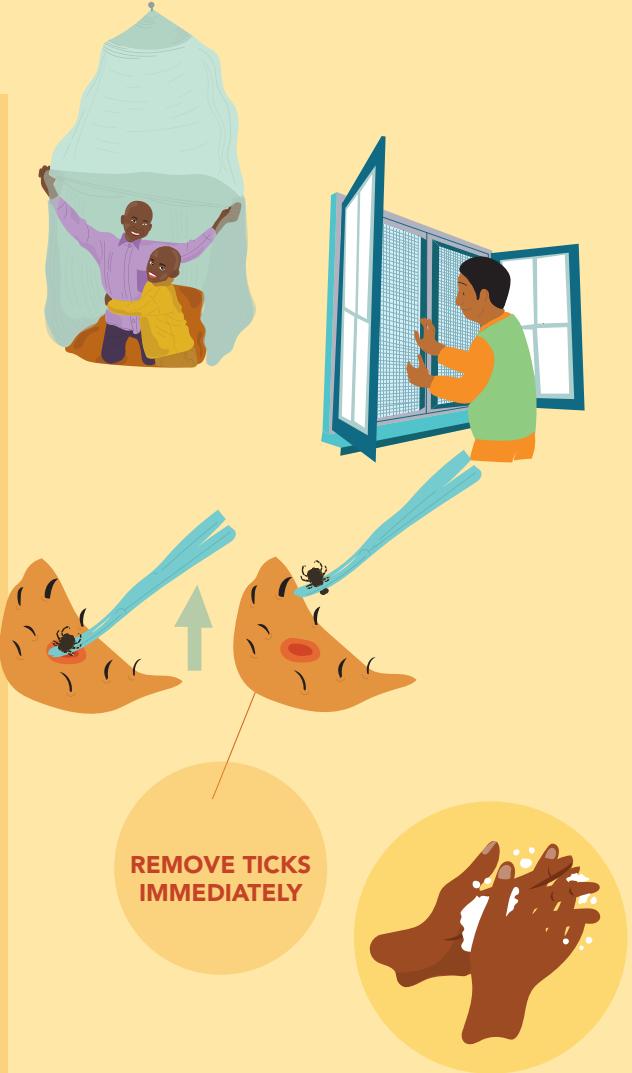
DIFFERENT TICK SIZES

Baby ticks are very small, as small as this dot "" so you must look very closely to find them. If it already bit you, remove it right away. The longer the tick bites you, the higher the chance that it will make you sick. However you will not get sick after every tick bite.

# HOW TO PROTECT YOURSELF

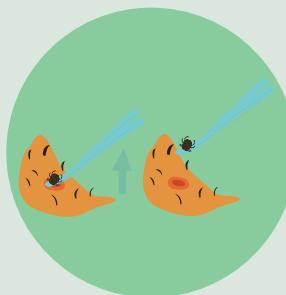
**"YOU CAN  
PROTECT  
YOURSELF AND  
YOUR FAMILY"**

Mosquitoes and ticks can cause painful and itchy bites. Some mosquitoes and ticks that bite you can make you sick. Protect yourself and your family from mosquitoes by using window screens and bed nets. Stop ticks by always checking for and removing them. Always wash your hands after you handle animals, ticks or prepare meat.



You can vaccinate your livestock to protect them from Rift Valley fever. Protect your animals against diseases by dipping them to kill ticks.

# THINGS TO REMEMBER



# DISEASES SPREAD BY MOSQUITOES AND TICKS

## Diseases Spread by Mosquitoes and Ticks

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