

PREVENTION OF VECTOR-BORNE DISEASES FOR CITY WORKERS

A vector is an insect or tick capable of carrying and transmitting a disease-causing agent from one host to another.

Mosquito-Borne Diseases

West Nile virus

Zika virus

Chikungunya

Dengue

Tick-Borne Diseases

Lyme Disease

Rocky Mountain Spotted Fever

Anaplasmosis

Babesiosis

Signs and symptoms generally associated with the above diseases include but are not limited to general malaise, fever, rash, joint pain, headache and body aches.

Notify your supervisor and seek medical consultation immediately, if you experience signs and symptoms.

Follow your agency's injury and illness procedures.



Citywide
Administrative
Services

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Safe work practices for city workers who work in areas where mosquitoes and ticks live and breed such as wooded areas, marshes, overgrown right of way areas; or whose work tasks may cause them to have increased contact with mosquitoes and ticks such as performing grounds maintenance or mosquito control activities.

Agency facilities or grounds personnel should inspect property and grounds regularly to eliminate standing water.

Remove standing water e.g. tires, buckets, cans, bottles, and barrels.

Clothing

Wear appropriate light weight and light-colored clothing that covers exposed skin such as, long pants, long socks.

Tuck pant legs into light-colored socks to prevent ticks from attaching.

Upon leaving the outdoor work area, inspect yourself thoroughly preferably with the help of a buddy:

- Remove any ticks that may have attached to your clothing and skin with a fine-tipped tweezer
- Be sure to check your scalp, neck, behind ears, etc.

Insect Repellent Use

Use insect repellent containing EPA-registered active ingredients, such as DEET and Picaridin.

The more active ingredient a repellent contains, the longer time it can protect you from mosquito bites, so choose a repellent that will provide protection for the amount of time spent outdoors.

When applying insect repellent:

- Always follow the manufacturers' directions on the label
- Don't apply to skin under clothing
- Don't apply to cuts, wounds, or irritated skin
- Don't apply aerosol or pump products directly onto the face and instead spray into hands and then rub onto face avoiding eyes and mouth
- After leaving the outdoor area, wash treated skin and hands with soap and water especially before eating and drinking

Sunscreen Use

Minimize exposure to the sun by using sunscreen:

- Outdoor workers may need to use sunscreen in conjunction with insect repellent; avoid products that combine sunscreen and repellent
- Apply sunscreen first and then apply the repellent

**FOR QUESTIONS, CONTACT THE
COSH HOTLINE: 212-386-6251
COSH WEBSITE: WWW.NYC.GOV/COSH**