

# ECHO Show #9 “West Nile, Lyme and other Bug Diseases”

-- PACKAGE SCRIPT ONLY – For SPNN to produce

EDIT DIRECTIONS	AUDIO TRACK
<p data-bbox="207 642 634 674"><i>[Beauty shots of “outdoor MN”]</i></p> <p data-bbox="207 863 683 894"><i>[pix of mosquito slapping and bugs]</i></p> <p data-bbox="207 1045 431 1077"><i>[pix of bug bites]</i></p> <p data-bbox="207 1299 326 1331"><i>[??????]</i></p> <p data-bbox="207 1591 558 1623"><i>[sick folks... clinic shots?]</i></p>	<p data-bbox="792 573 857 604">--1--</p> <p data-bbox="792 611 1349 747">The warm months late spring, summer and early fall are always a welcome break from the long cold winter. But there are still health concerns you need to think about.</p> <p data-bbox="792 793 857 825">--2--</p> <p data-bbox="792 831 1349 936">Warm weather is the season for mosquitoes and ticks. And both of these annoying bugs can make you sick.</p> <p data-bbox="792 982 857 1014">--3--</p> <p data-bbox="792 1020 1365 1188">Mosquitoes are most active in late summer. Most of the time, mosquito bites are harmless but sometimes a mosquito can give you a serious illness – one that affects the brain.</p> <p data-bbox="792 1234 857 1266">--4--</p> <p data-bbox="792 1272 1365 1482">A fairly new disease to the Midwest is called “West Nile.” It came to this country from Africa and southern Europe. Another disease called “LaCrosse” has been around for much longer especially in parts of Minnesota and Wisconsin.</p> <p data-bbox="792 1528 857 1560">--5--</p> <p data-bbox="792 1566 1365 1818">Diseases like LaCrosse and West Nile affect people in a very similar way. You may have a fever that comes on suddenly, a headache, a stiff neck and vomiting. In severe cases, people can become confused, have seizures, or lose consciousness. Sometimes, though not often, the disease can be fatal.</p>

*[mosquitos in action]*

*[ticks in action]*

*[get pix of deer ticks]*

*[include map graphic of east central MN]*

*[brushy woods – make sure it’s not too  
back yard like... woods... campers...]*

*[more symptoms shots]*

*[Include picture of “bulls-eye” rash.  
Establish this shot]*

**--6--**

The risk from a mosquito bite is actually very low, because most mosquitoes don’t carry these diseases. Even when they do, they usually won’t make you sick when they bite you. But if you do become ill with a disease like LaCrosse or West Nile, you should see a doctor.

**--7--**

Like mosquitoes, **ticks** are also active during warm weather – and they can make you sick if they bite you. Ticks tend to be most active in early summer. In parts of Minnesota and Wisconsin, you especially need to be on the lookout for one kind of tick, called the “deer tick.”

**--8--**

Deer ticks are much smaller and darker in color than regular “wood ticks.” You find them in wooded, brushy areas, mostly in east central Minnesota and western Wisconsin. You can run into them if you go out hiking, camping or hunting.

**--9--**

Deer ticks can give you an illness known as “Lyme disease” – as well as several other diseases. Remember, the risk of getting sick from any one tick bite is very low but it is good to protect yourself.

**--10--**

People with Lyme disease may have a fever, headache, chills, and pain in the muscles or joints. Sometimes – but not always – they also get an unusual kind of rash near the tick bite. The rash has a red ring around the edge with a clear area in the middle, and looks like a “bull’s eye.”

The other diseases you get from ticks have the same symptoms – except for the rash.

*[being treated by a doctor shots]*

*[repellent shots--- deet--- etc.]*

*[long sleeve clothing... boots....people putting on proper clothing]*

*[I'm hoping the CDC vids have shots of people checking for bugs!]*

**--11--**

If you've been spending time in wooded, brushy areas where deer ticks live – and you get these symptoms – you should see a doctor right away. Without treatment, these diseases can cause serious health problems like arthritis, heart trouble, or nerve damage.

**--12--**

There are things you can do to protect yourself – and your family – from diseases carried by mosquitoes and deer ticks.

**--13--**

Use a good insect repellent if you're going to be outside when mosquitoes are biting – or spending time in wooded areas where ticks may live.

**--14--**

Long sleeve shirts and pants help keep mosquitoes from biting and keep ticks off your skin. And tuck your pants into socks or shoes so ticks can't crawl on you.

**--15--**

If you're going to be spending time where deer ticks may be present, check yourself and your family to see if you have any ticks on you. Do it often – and remove any ticks that you find. If you remove ticks quickly – even after they start to attach themselves – they won't have a chance to make you sick.

**--16--**

Stay indoors around dawn and dusk, when mosquitoes like to bite most. And remove containers or puddles of water around your home where mosquitoes can breed.

**--18--**

The warm days of summer and fall can go by too quickly so remember to enjoy them and protect yourself and your family from the diseases carried by mosquitoes and ticks.

**Word count 683**