

Chigger Bites

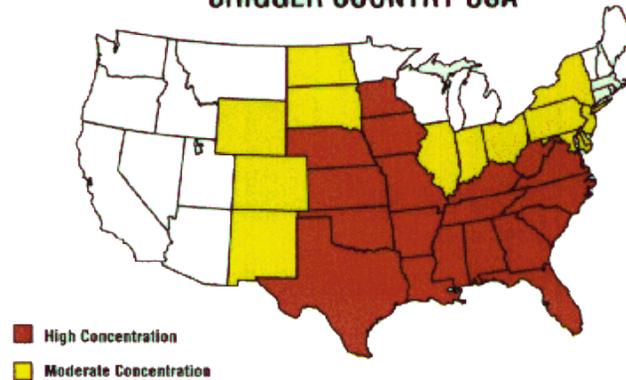


- Chiggers **do not burrow** into the skin
- Chigger larvae attach to the skin, and secrete enzymes which digest the skin. The larvae then feed on dead skin cells
- Chigger bites are extremely itchy, and usually look like small raised red dots, almost like small pimples
- Chigger bites usually occur around clothing lines, including ankles, waist, and armpits
- Chigger larvae can feed for several days, even though you cannot see them
- The red bite and itchiness comes from a reaction to the saliva

What to do once you have chigger bites

- Using an ant-itch cream can help relieve some of the itchiness associated with chiggers
- Applying nail polish, bleach or alcohol is **not effective** to get rid of chiggers, because the chiggers do not burrow into the skin
- Washing clothes in hot water can kill any remaining chiggers and prevent further bites

CHIGGER COUNTRY USA



For more information:

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www.darkecountyhealth.org

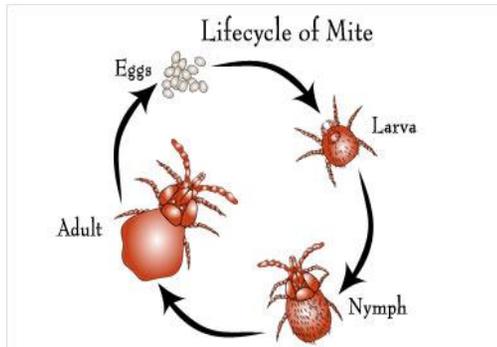
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Chiggers



Chiggers – Trombiculidae mites



What are Chiggers?

- Chiggers are a type of mite. Mites are related to ticks, spiders and scorpions.
- Chiggers have 4 life states – egg, larvae, nymph, and adult
- Chiggers are very small and usually cannot be seen without a microscope
- Chiggers are found in tall grass, and brush
- When chigger larvae sense carbon dioxide, they climb to the top of grass and wave their legs. If a person walks past, the mites can attach
- Chiggers are not known to spread any diseases

How do you get Chiggers?

- You cannot get chiggers from other people.
- You can only get chiggers from contact with grass, weeds or other vegetation.

How do you know you have chiggers?

- The only way to know if you have chiggers on your property is if you are bitten.
- Chiggers are small, so you cannot see them on your property



How to Control Chiggers on your Property

- Keep grass and vegetation cut short and well maintained.
- Trim trees so sunlight can reach the ground
- Wear insect repellent when outdoors
- Avoid sitting or lying down in grass and natural areas
- Keep skin covered and clothing tucked in – especially around your ankles

