

# Creepy Crawly Video Script

Colorado's summer season is well underway with thousands already heading to our forests, plains and high country for all sorts of outdoor activities, but outdoor types should always beware of things that buzz, things that slither and things that bite.

Normally at this time of year we remind outdoor enthusiasts to be on the lookout for wood ticks and prairie rattlesnakes and mention how to keep mosquitoes at bay. With the advent of west nile virus, mosquitos have moved up the list.

Normally these biting clouds of misery are just a nuisance. Mosquitos can be found just about everywhere in Colorado, most often anywhere you have standing water. Our best defense is long clothing and a mosquito repellent with the compound known as DEET.

Another Creepy Crawly that can make you sick is the rocky mountain wood tick. Not many tick bites lead to tick fever, but nearly two-hundred cases are reported every year. Again use a repellent, wear long clothing and check yourself from time to time.

Another little beastie you don't want to deal with is the parasite that causes the sickness known as Giardia. Campers and hikers most often get this from drinking infected water from lakes or streams. Back country water should always be boiled or filtered...Better yet bring some bottled water with you. Oh and do what you can to keep your hands clean.

As for rattlesnakes they don't want to mess with you anymore than you should want to mess with them. Rattlers are most often found near rocky areas on the eastern plains and in the foothills to eight thousand feet. If you encounter a rattlesnake, just back away slowly and take a route around it. Rattlesnakes aren't aggressive, but they will defend themselves if surprised or cornered.