

PROTECT YOURSELF FROM TICKS

KNOW WHERE TO EXPECT TICKS

Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.

TRY TO AVOID CONTACT WITH TICKS

Avoid wooded and brushy areas with high grass and leaf litter.
Walk in the center of trails.

TREAT CLOTHING AND GEAR

Use products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.

CHECK FOR TICKS:

- Under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- In and around hair
- Between the legs
- Around the waist

USE ENVIRONMENTAL PROTECTION AGENCY (EPA)-REGISTERED INSECT REPELLENTS

Look for DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Always follow product instructions.

Do not use products containing OLE or PMD on children under 3 years old.

EXAMINE GEAR AND PETS

Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes require washing first, hot water is recommended.

SHOWER WITHIN 2 HOURS

Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.