

## PREVENT TICK BITES

Tick prevention measures should be taken year round however we must be extra cautious during warmer months(April – September) when ticks are very active.

- Avoid woodlands and high grass with brush.
- Always walk in center of trails.
  
- Use of repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.(Follow product instructions.)
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.
- The Environmental Protection Agency (EPA) has an online tool to help you select the right repellent. <https://www.epa.gov/insect-repellents/find-repellent-right-you>
  
- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- 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 day packs.
- 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 are damp, additional time may be needed.
  - If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.

**Prevent Lyme disease!**

Wear repellent

Check for ticks daily

Shower soon after being outdoors

Call your doctor if you get a fever or rash



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- For more information on tick prevention and Lyme Disease visit [www.cdc.gov/Lyme](http://www.cdc.gov/Lyme)