

Check, check, check for Ticks



Don't spoil your outdoor fun - take these simple precautions to keep ticks off your body.

1 AVOID TICK INFESTED AREAS!

Walk in the center of trails to avoid overhanging grass and brush.

2 DRESS PROPERLY!

Wear light-colored clothing and tuck pants into socks.

Do a thorough body check for ticks after spending time outdoors.

3 APPLY INSECT REPELLENT!

Apply insect repellents containing 20 - 50% DEET as directed on the label. Spray repellents with permethrin on clothes only, not skin.



4 DO TICK CHECKS!

Examine clothing and skin frequently for ticks. Examine pets for ticks.

5 CAREFULLY REMOVE ATTACHED TICKS IMMEDIATELY!

Ticks can infect in ten hours or less. Prompt treatment can prevent serious illness or death. #99

Tick Removal

Prompt removal of ticks can help prevent disease. Ticks can infect in ten hours or less.

TAKE THESE STEPS TO REMOVE A TICK:



1

Using tweezers, grasp tick near the mouthparts, as close to skin as possible.

2

Pull tick firmly, straight out, away from skin. Do not jerk or twist the tick.

3

Do NOT use alcohol, matches, or petroleum jelly to remove tick.

4

Wash your hands and the bite site with soap and water after the tick is removed. Apply an antiseptic to the bite site.

5

Tell your doctor you had a tick bite if you develop symptoms such as fever, headache, fatigue, or rash.

For more information visit the Missouri Department of Health and Senior Services at www.health.mo.gov or contact your local health department.