

Avoiding TICKS



The bite of an infected tick can transmit the bacteria that causes tickborne illness.

PREVENTING TICK BITES

1

Take preventive measures against ticks year-round, but be extra careful in warmer months (April-September) when ticks are most active.

2

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

3

Use repellents that contain 20-30% DEET on exposed skin and clothing. Follow product instructions. Adults should apply these products to children, avoiding hands, eyes and mouth.

4

Wear clothing treated with permethrin.



Ticks do not jump, fall or fly and are generally found within three feet of the ground.

CHECKING FOR TICKS

1

Check for ticks and shower as soon as possible upon returning inside to remove any unattached ticks.

2

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.

Don't let a **TICK** make you **SICK**



Lone Star Tick

Call your doctor
if you get a
fever, headache
or body aches.

- Wear repellent with 20-30% DEET.
- Wear clothing treated with permethrin.
- Check for ticks daily and remove as soon as possible.
- Shower soon after being outdoors.
- Put clothes in a dryer on high heat.

How to Remove a TICK

- 1 Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- 2 Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
- 3 Clean the bite area and your hands with rubbing alcohol, iodine scrub or soap and water.



Take NOTE:

- If tick mouthparts remain in the skin, leave them alone. In most cases, they will fall out in a few days.
- Don't use nail polish, petroleum jelly, dish soap or a hot match to make the tick detach.
- If you develop a fever, headache or body aches within several weeks of removing a tick, see your doctor. Tell the doctor about your tick bite.