



TICK TIPS

- To prevent habitats from forming, keep lawns trimmed regularly. When properly mown, lawns are too hot and dry to sustain the tiny deer tick.
- Wear light-colored socks and pants to help spot ticks.
- Wear long pants and tuck the pant legs into your socks or boots; wear long-sleeved shirts and tuck it into your pants; and use a hat for added protection.
- A daily ritual of examining yourself, your kids, and your family pet for ticks is important and should be followed.
- Spray insect repellent containing DEET (products shouldn't contain any more than 30% DEET) on clothes, or treat clothes (especially pants, socks, and shoes) with permethrin, which kills ticks on contact. Remember, these products should be used with caution.
- Walk in the center of trails to avoid overhanging grass and brush.

HOW TO SAFELY REMOVE TICK FROM SKIN:

Do a thorough body check for ticks after being outdoors.

How To Remove A Tick



- Using tweezers, grasp tick near the mouth parts, as close to skin as possible.
- Pull tick in a steady, upward motion away from skin.
- DO NOT use kerosene, matches, or petroleum jelly to remove tick.
- Disinfect site with soap and water, rubbing alcohol or hydrogen peroxide.
- Record date and location of tick bite. If rash or flu-like symptoms appear contact your health care provider immediately.

DISEASE RISK IS REDUCED IF TICK IS REMOVED WITHIN 36 HOURS.

Deer tick size (left to right)
larva, nymph, adult

