

# Keep Ticks Off You



## Repel



- ◆ Use **bug repellents** with at least **20% DEET** on all exposed skin.
- ◆ Follow directions and reapply as needed.
- ◆ Parents should apply this product to their children, avoiding hands, eyes, and mouth.

- ✓ Avoid logs and areas with high grass or fallen leaves
- ✓ Walk in the center of trails

- ◆ Wear long sleeves and pants when possible.
- ◆ Treat clothes and shoes with **permethrin** that kills ticks. This remains protective through several washings. Pre-treated clothing is available and may be protective longer.

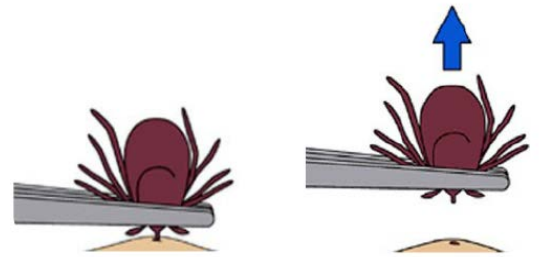


## Remove

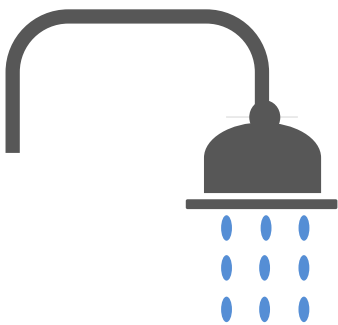
**If you find a tick crawling on you, brush it off.**  
**If you find a tick attached to your skin, remove it quickly.**

- ◆ Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- ◆ Pull upward with steady, even pressure. Don't twist or jerk the tick.
- ◆ After removing the tick, clean the bite area and wash your hands with soap and water.

- ✓ Ways to dispose of a live tick:
  - ◆ Flush it down the toilet, or
  - ◆ Submerge it in alcohol, or
  - ◆ Place it in a sealed bag/container
- ✓ Never crush a tick with your fingers



## Shower



- ◆ Bathe and shower within two hours or as soon as possible after leaving an area with ticks to wash off ticks and to find them more easily.
- ◆ Do a full body check using a mirror to view all parts of your body. Ticks are usually found:
  - ✓ Under arms
  - ✓ In and around the ears
  - ✓ Inside the belly button
  - ✓ Behind the knees
  - ✓ Between the legs
  - ✓ On the scalp
- ◆ Parents should check their children for ticks.

- ✓ Tumble unwashed clothes in the dryer on high heat for 10 minutes to kill remaining ticks.
- ✓ Examine gear and pets. Ticks can hitchhike into homes.