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
  - Inside the belly button
  - Between the legs
  - In and around the ears
  - Behind the knees
  - 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.