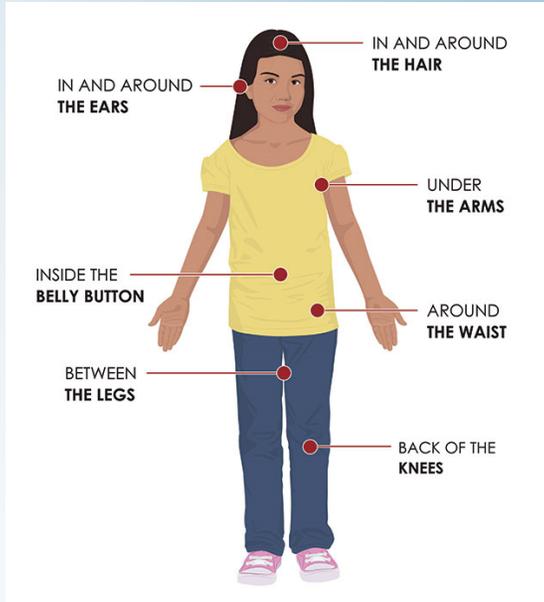


TICK PREVENTION



TICK CHECKS

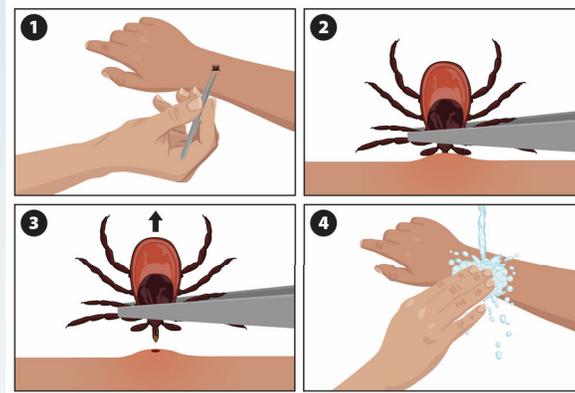
Tick checks are very important in preventing tickborne diseases. Even if the tick is infected, you can stop disease transmission by removing it quickly.



- Check for ticks regularly while outside and do a thorough tick check when you come in.
- Pay special attention to areas as seen in the photo.
- You should run your hands over your skin to detect any small bumps that may be hard to see.
- Help young children with tick checks.
- Check pets for ticks, too.

TICK REMOVAL

If you do find a tick, remove it immediately. The sooner you remove the tick, the less likely you are to be infected.



- Use tweezers or a tick remover tool to remove the tick.
- Place the tweezers or tool against the skin and grasp the tick. Pull straight up.
- Wash the area with soap and water.

MORE TIPS

- Wear light colored clothing outside so you can see ticks.
- Shower when you come in to remove any ticks that may be crawling.
- Stay on the path or trail when walking, hiking or running in the woods.

TICK INFORMATION

Deer ticks are the most common ticks in Pennsylvania. Deer ticks are very small and may carry pathogens that cause Lyme disease, anaplasmosis, babesiosis and Powassan virus.



- Ticks don't jump or fly! Ticks crawl up. They often wait on the ends of long grass, weeds, or leaves to wait for an animal or human to crawl onto.
- Ticks don't die over winter. Ticks can survive winters in Pennsylvania, and if the temperature is above freezing, ticks may be out.
- Ticks have four life stages—egg, larva, nymph, and adult.
- Adult ticks are most active in the fall and early spring. They are bigger and easier to see.
- Nymphal ticks are active from late May to late July. These are very tiny and hard to see.

PERMETHRIN

Permethrin is an insecticide that kills ticks on contact. Permethrin can be applied to clothing, shoes and gear to prevent tick bites.

- Lay clothing, shoes and gear out flat in a well ventilated area.
- Spray items with permethrin spray until they are moist enough to be discolored.
- Flip over and spray the other side.
- Hang to dry or let them sit out to dry.
- Reapply according to bottle instructions.



INSECT REPELLENT

Effective insect repellents can prevent ticks from crawling on you and biting you. Check the EPA website for insect repellents approved for use to prevent ticks. Most have one of the following ingredients: DEET, picaridin, IR3535 or oil of lemon eucalyptus.



- Apply insect repellent in a well ventilated area.
- Apply after you get dressed.
- Apply over clothes and after sunscreen.
- Spray all over your body. For your face, spray into your hands and rub onto your face.
- To help young children apply, spray into your hands and rub on the children.
- Reapply according to the bottle instructions.