

Tick Bite Prevention

T.I.C.K.



Treat clothes and shoes with permethrin

Apply permethrin insecticide to clothes, shoes, gear before engaging in outdoor activities.

Insect repellent

Apply an EPA approved insect repellent to your skin and over your clothes before engaging in outdoor activities.

Check for ticks

Check for ticks regularly while you are outside and conduct a thorough tick check when you come inside. Shower shortly after coming inside and place clothes in the dryer.

Keep watch for signs and symptoms of tickborne illnesses

Watch for the signs and symptoms described for each disease, especially in the summer when ticks are most active. Seek medical care if you develop symptoms related to tickborne diseases.



CHECK THESE PARTS OF YOUR BODY AND YOUR CHILD'S BODY FOR TICKS:

IN AND AROUND THE HAIR

IN AND AROUND THE EARS

UNDER THE ARMS

INSIDE BELLY BUTTON

AROUND THE WAIST

BETWEEN THE LEGS

BACK OF THE KNEES

