

# PREVENT

## tick and tick borne diseases

# One

### Know tick habitat & avoid it if you are not dressed appropriately

Ticks are found in tall grasses, brushy areas, and leaf litter.

Ticks can't fly or jump, they wait on the tips of grasses and shrubs for a host to brush by. Then they quickly climb aboard and find a suitable place to bite their host.

# Two

### Dress to repel and deter ticks from biting you

Wearing clothing that covers your skin makes it harder for ticks to find a suitable place to bite. A few things you can do if you will be in tall grasses, brushy, or wooded areas:

- wear long sleeve shirts tucked into long pants, and pants tucked into tall socks
- closed toed shoes, no sandals or bare feet
- spray tick repellent on your clothing (permetherin) and on your skin (deet)
- light or white colored clothing so its easier to spot crawling ticks

# Three

### Use effective pesticides & repellents if you're outside

There are a few EPA tested and approved tick repellents, they include DEET, picaridin, 2-undecanone, and p-Menthane-3,8-diol. These active ingredients are used in many products sold as insect repellents for the **skin**. Even though these products have been determined safe, some people feel more comfortable with natural repellents. A natural product recognized by the EPA is lemon of eucalyptus.

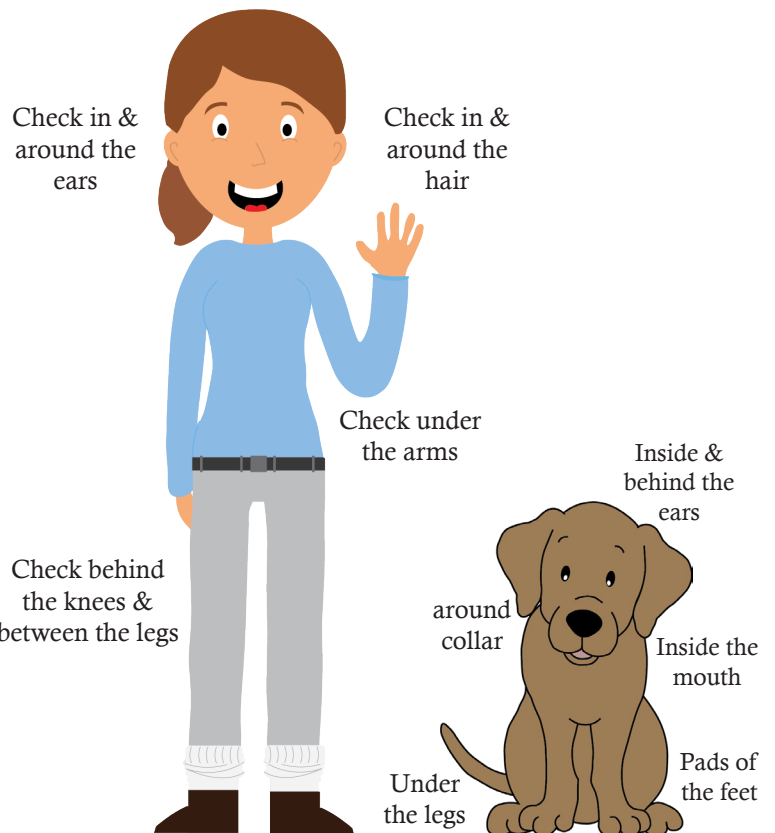
Permethrin is an insecticide used on **clothing**. You can buy pre-treated clothing or treat your own. Understand repellents applied to skin repel ticks & permethrin kills ticks. Studies have shown that Deet and Picaridin can be up to 89% effective at repelling ticks and that Permethrin can reduce tick bites by up to 70%

**Remember:** Permethrin is safe for humans and most other vertebrates, but will harm cats. Once dry it is safe, but please use caution when applying permethrin to your clothing.

# Four

### Check daily for ticks on yourself and on your pets after spending time outside

- Always check yourself and your pets for ticks, even when using repellents. When checking pets, use your hands.
- Ticks could be carried into the house on your clothing, but if you tumble dry clothes in the dryer for ten minutes it helps kill any unseen ticks.
- Shower soon after coming in from the outdoors to thoroughly check yourself for any lingering ticks.
- Make sure you also talk to your vet about the best tick prevention products available.



# Five

### You can also manage your yard to help deter ticks from living close by

- Reduce bird, animal, and rodent (**all common tick hosts**) traffic: re-locate gardens, bird feeders, compost piles, or wood piles away from your high traffic areas and the home
- Maintain lawns and fence lines: limit edge habitat, remove brush, leaf litter and grass trimmings, and keep grass short
- Use mulch as a barrier to tick habitat, reminding people not to enter and deterring ticks from entering the yard
- Fences can act as a barrier for mammals that carry ticks
- Keep areas that children play away from tick habitat

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