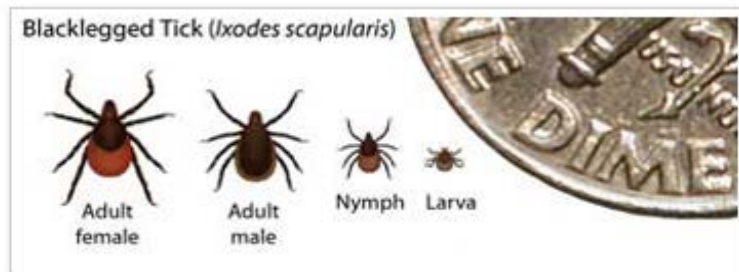


Tick Bite Prevention and Tick Removal

Where can ticks be found?

You may come in contact with ticks during any activities outdoors, particularly near wooded or grassy areas. Blacklegged ticks most often live in moist, humid environments.

What do ticks look like?



CDC, 2014

How can I avoid ticks?

You can avoid ticks by avoiding tall vegetation, such as tall grass or shrubs. When hiking, walk in the center of paths or trails.

How can I repel ticks?

You can repel ticks for several hours by applying a repellent containing 20% or more of DEET on skin or clothing. Products containing 0.5% permethrin can be used to treat clothing, boots, jackets and camping or hiking gear. Product directions for application must always be followed. Avoid applying these products to your hands and face, and consult with your child's pediatrician before use.

For tick repellent information for your pets, check with your veterinarian.

Where on the body do I look when performing daily tick inspections?

After being outside, perform a full body skin check. Bathing or showering after being outside allows for easier detection of ticks. Special attention should be paid to several areas of the body including, but not limited to:

- under the arms
- in and around the ears
- inside and around the belly button
- behind the knees
- on your head, by inspecting in and around your hair
- between the legs
- around the waist


All clothing, camping equipment, and pets should be checked for ticks. Ticks can enter the home through pets or clothing and later attach to a person's skin. Placing clothing and blankets in the dryer on high heat will effectively kill any ticks potentially living on these items.

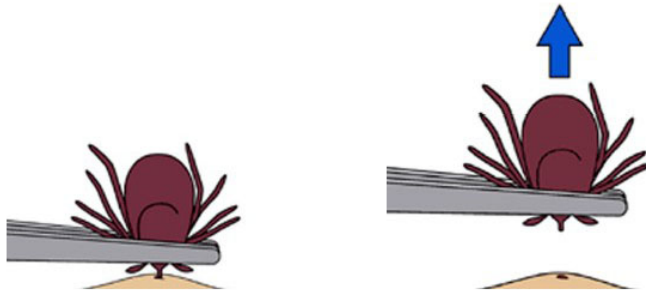
How do I safely and properly remove a tick?

If you should find a tick, stay calm and do not panic. A pair of fine-tipped tweezers can be used to safely and effectively remove a tick from the skin. Avoid using your bare hands to remove a tick. It is extremely important to remove a tick as soon as possible because the chance of contacting Lyme disease is lessened if the tick has been attached to the skin for less than 24 hours.

Steps to remove a tick:

- 1). Locate fine-tipped tweezers and grasp the tick with the tweezers as close to the skin surface as possible. Pull upward as steady as possible using even pressure. You want to remove all parts of the tick, including all mouth parts.
- 2). Place the tick in a sealed baggie or sealed container to bring to your doctor. Ticks can be sent for laboratory testing to determine the tick type and potential for disease.
- 3). After removing the tick, the area of the skin needs to be thoroughly washed with soap and water. Your hands should also be thoroughly washed with soap and water.
- 4). Always follow-up with your doctor if you should find a tick and after removal of a tick. If you experience a rash or a fever within several weeks of removing a tick, visit your doctor immediately.

 Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible--not waiting for it to detach.



CDC, 2014

Information adapted from the Centers for Disease Control (CDC), 5/14/2014. <http://www.cdc.gov/features/lymedisease/>