



JUNE 2020



Preventing tick bites

Before You Go Outdoors:

Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.

Avoid Contact with Ticks

Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

After You Come Indoors:

Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.



BE AWARE

AVOID - WEAR - APPLY - REMOVE - EXAMINE

A AVOID areas where ticks live. Ticks thrive in wood piles, long grass, leaf piles and beach grass.

W WEAR light-colored clothing; long pants, sleeves, socks and close-toed shoes. Tuck long hair into hat.

A APPLY EPA-approved tick repellent (such as picaridin or DEET) on skin and insecticide (such as permethrin) to clothing & shoes as directed.

R REMOVE clothing upon entering the home; toss into dryer at HIGH temperature for 10-15 minutes.

E EXAMINE yourself and your pets for ticks daily. Check everywhere—ticks love to hide!

Learn about ticks, Lyme and other tick-borne diseases, tick bite prevention and proper tick removal at GLA.org

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks. Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks: Under the arms, In and around the ears, Inside belly button, Back of the knees, In and around the hair, Between the legs, Around the waist.

