

How to Avoid Tick Bites



Ticks can become infected with diseases when feeding on white-footed mice and other small mammals. An infected tick can then spread disease to a person through a tick bite. You can reduce the risk of getting diseases from ticks by taking steps to avoid tick bites.



Know where ticks are: ticks live in or near wooded or grassy areas. Always walk in the center of trails to avoid contact with ticks.



Cover up: wear long sleeves and pants tucked into socks to prevent ticks from getting under clothes.



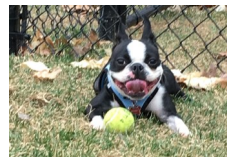
Keep your yard clean: mow lawns, clear brush and remove leaf litter.



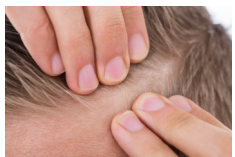
Shower: showering within two hours after being outside (ideally, as soon as possible) can help find and wash off unattached ticks.



Repel ticks: use EPA-registered repellent with DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), or 2-undecanone on skin and permethrin on clothing, boots and gear. Most repellents can be used on children older than 2 months. Products containing OLE should not be used on children under 3 years. Always follow product label instructions.



Protect pets: keep pets safe by checking for ticks daily and using tick control products as recommended by your veterinarian.



Inspect: check your entire body—and your children's—for ticks after being outside and use a mirror to view hard-to-see areas. Remove attached ticks with tweezers.

Be sure to check these parts of your body and use a hand-held or full-length mirror to view all parts of your body:

- ◆ Inside belly button
- ◆ Back of the knees
- ◆ Under the arms
- ◆ In/around the hair
- ◆ Between the legs
- ◆ Around the waist
- ◆ In/around the ears
- ◆ On the scalp