

# In the Tick of It:

## What Every Outdoor Worker Needs to Know

Outdoor workers may be at risk for tickborne diseases. Ticks in woods, bushes, tall grass, or leaf litter can make you sick. Follow these steps to lower your risk.



## How to Prevent Tick Bites



### Use permethrin

Treat outdoor clothes and gear with permethrin according to label. **Do not apply directly on skin!**



### Use repellent

Use EPA-registered insect repellent and apply after sunscreen.



### Cover up

Wear light-colored, long sleeves and pants tucked into socks then dry on high heat for 10 minutes.



### Check for ticks

Check your clothes and skin carefully and shower to wash off unattached ticks.

## What to do if you've been bitten by a tick

- **Use fine-tipped tweezers:** Grab the tick close to your skin's surface and pull upwards with steady, even pressure to remove the whole tick.
- **Clean the bite area:** Use soap and water, rubbing alcohol, or hand sanitizer.
- **Check for symptoms:** Contact a health care provider if you become sick or if you remove a tick that is engorged (no longer flat).

## Common symptoms of tickborne disease



Fever



Chills



Muscle aches and joint pain



Rashes



Tiredness



Headache

