

HOW TO PREVENT TICK BITES

Ticks are disease vectors that can negatively impact human health. Luckily, with some common sense approaches you can keep yourself safe from these tiny vampires.



Be aware of tick habitat

Ticks like overgrown areas. Some prefer woodlands while others like open spaces. If grass or shrubs reach about knee high, ticks may be there.



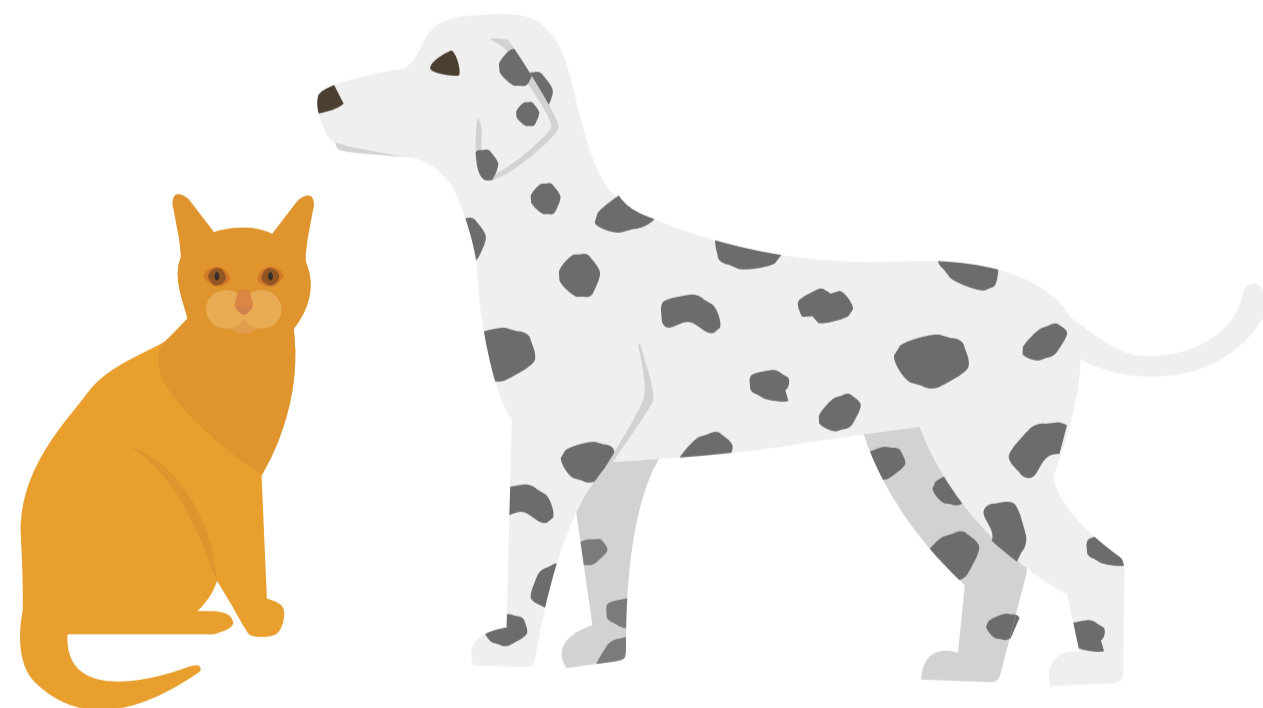
Wear protective clothing

Pants and long sleeves block ticks from your skin. You can also treat clothes with permethrin to kill ticks. Do not apply permethrin to skin though.



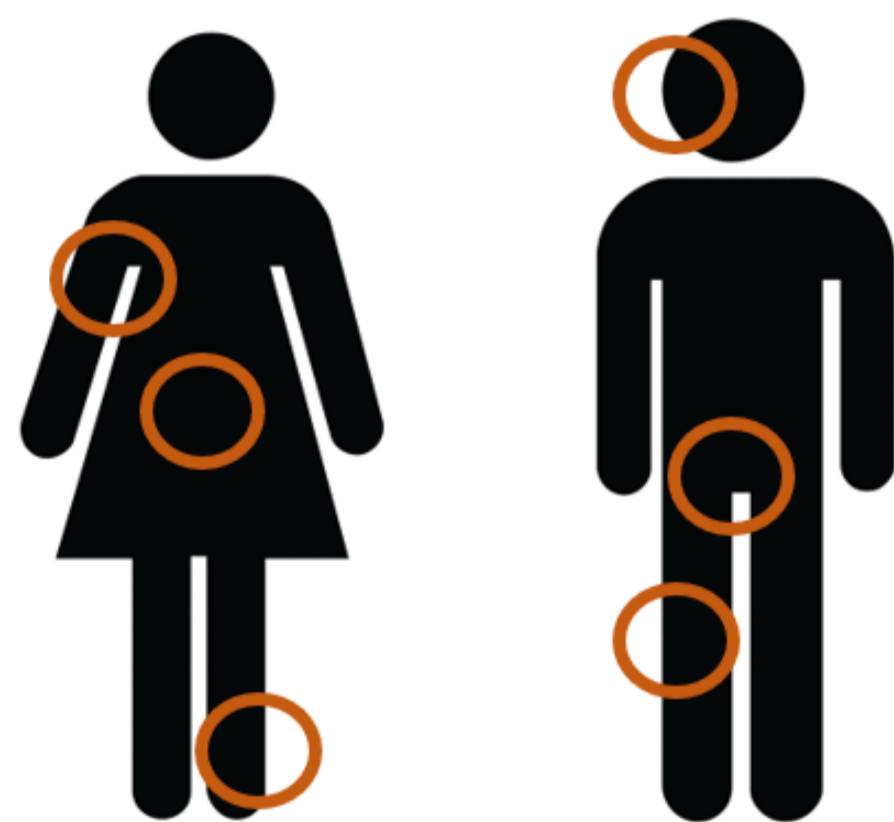
Use an insect repellent

Skin based repellents like DEET, picaridin, IR3535, and oil of lemon eucalyptus help repel mosquitoes and ticks. They don't last forever though!



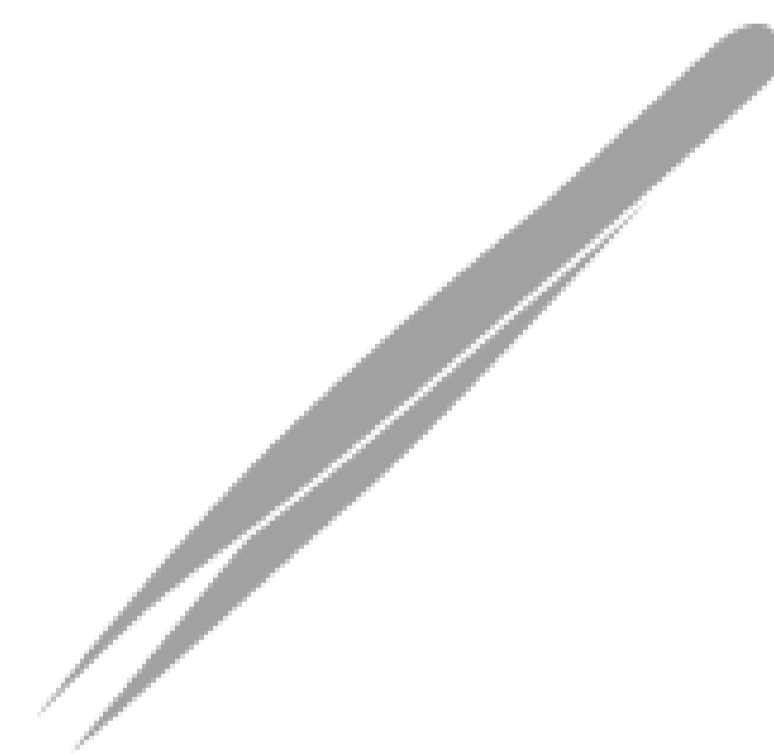
Protect your pets

If your pets go outdoors, provide them with tick prevention medicine to keep ticks from hitchhiking on your furry friend.



Perform regular tick checks

Check hair, ears, arms, belly button, groin, and legs.



Remove ticks safely

Pull ticks out of your skin with tweezers. Do not apply alcohol or fire to tick, this can cause the tick to puke in you!

