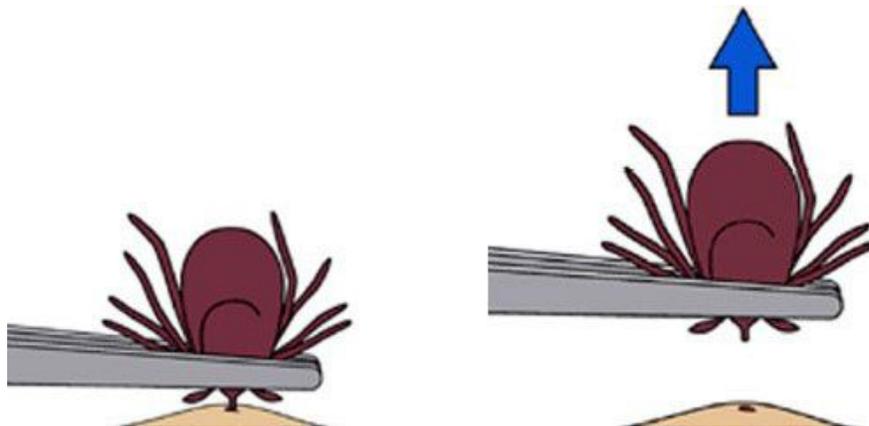


HOW TO AVOID TICK BITES THIS SEASON

- 1.) **Use insect repellent;** use repellents containing at least a 10% - 30% concentration of DEET on **both** skin and clothing or Picaridin 5% - 10%. Be careful to avoid the eyes and mouth!
- 2.) **Use Permethrin on clothing, hiking boots, tents, and camping gear;** Permethrin products should never be used on skin. It remains effective on clothing for up to 6 weeks and through as many as 6 washes.
- 3.) **Wear long pants, and tuck them into socks or boots;** Tucking in shirts as well in areas with high tick concentrations.
- 4.) **Stay on the trail;** Ticks hang out in high vegetation, waiting for a passing host. When your leg brushes through the vegetation, the tick transfers to your body. Walk on designated trails, and avoid blazing your own through meadows or other high vegetation areas.
- 5.) **Do daily tick checks;** Always do a thorough check for ticks after being outdoors, even in your own yard. Ticks must usually be attached for at least a day before they can transmit bacteria, early removal will reduce the risk of infection. Ticks like to hide in hard to see areas, so be sure to check these areas extra carefully; in your hair, under your arms, between your legs, behind the knees, and even in your belly button.
- 6.) **Put your clothes in the dryer and tumble them on high heat;** Research shows many ticks can make it through the washing machine, even when you wash in hot water. Most ticks will die during a cycle in the hot, dry air of your clothes dryer, though.
- 7.) **Check pets and kids before letting them loose in the house;** Ticks can easily drop onto carpets and floors where they can hide and wait for another host to come along. Make sure you check pets thoroughly from head to tail. If you do find a tick on you or your child's skin, be sure to remove it right away, following these provided guidelines;

HOW TO SAFELY REMOVE A TICK

- 1.) Remove attached ticks with a pair of good tweezers.
- 2.) Avoid crushing the tick's body.
- 3.) **DO NOT** use petroleum jelly, lotions, soaps, or other products that may make the tick slippery; it will not “suffocate” the tick, but it will make it impossible for you to grip the tick well enough to remove it. **DO NOT** use hot matches, nail polish, or any other products.
- 4.) Grasp the tick firmly and as close to the skin as possible. With a steady motion, pull the tick's body away from the skin. Do not twist or crush the tick while pulling, and don't be surprised if it is a little difficult to pull. Maintain steady pressure until it releases its grip. Do not be alarmed if parts of the tick's head or mouth remain in, the skin will eventually shed it. Cleanse the area with soap and water, and apply an antibiotic ointment to the bite site.



Tick Tips:

- **MOST tick bites are HARMLESS**
- **The spread of disease by ticks is RARE**
- **Covering the tick with petroleum jelly, nail polish, and rubbing alcohol DOES NOT WORK. Neither does touching the tick with hot or cold objects.**
- **Thorough checks of your skin, your children's skin, and your pets every 24 hours is the best way to ensure early tick detection and removal. THERE IS NO CHANCE OF LYME DISEASE IF A TICK IS ATTACHED FOR LESS THAN 48 -72 HOURS.**
- **Use at least 10% - 30% DEET or 5% - 10% PICARIDIN products to protect for 6 - 12 hours.**
- **If you suspect a tick has been attached for 48 hours or more, please contact our office.**

Repellent Products:

**** It is not recommended to use ANY repellent products on children younger than 2 months old. ****

PERMETHRIN SPRAYS: for gear and clothing (NOT TO GO ON SKIN)



Spray onto clothing, camping gear, chairs, sleeping bags, backpacks etc. and let dry. Once fabrics dry, permethrin is odorless and lasts up to 6 weeks or 6 washes! Safe to use on your pet's fur too!

See packaging for detailed instructions.

DEET PRODUCTS: For use on skin; use 10% - 30% concentration. There is no added benefit to using greater than 30% DEET. DO NOT apply greater than 30% DEET to children.



These products can be purchased as a spray or a lotion. Typically the lotions are more effective for longer periods of time. For all types; avoid use near eyes and mouth.

See packaging for detailed instructions.

PICARIDIN PRODUCTS: For use on skin



Avoid use near eyes and mouth. See packaging for detailed instructions.

Essential Oil Repellents: For use on skin



Essential oil repellents have been proven to last as long as DEET 10% products. Allergic reactions are rare, but can occur when using repellents made from essential oils.