

Preventing Lyme Disease

Gardening, camping, hiking, just playing outdoors –these are all great spring and summertime activities, but don't forget about the ticks that may be in the same environment. Fortunately there are several tactics you can use to prevent tick bites and reduce your risk of tick-borne disease

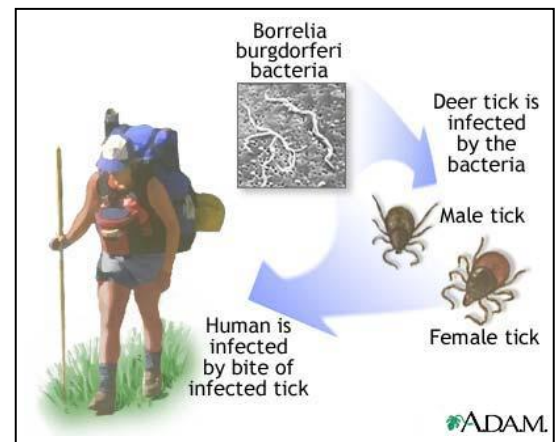
Protect Yourself from Tick Bites

- **Know where to expect ticks.** Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through vegetation such as leaf litter or shrubs. Always walk in the center of trails, in order to avoid ticks.
- **Use a repellent with DEET** (on skin or clothing) **or permethrin** (on clothing) and wear long sleeves, long pants and socks. Products containing permethrin can be used to treat boots, clothing and camping gear. Repellents containing 20% or more DEET can be applied to the skin, and they can protect up to several hours. **Always follow product instructions!** Parents should apply on their children. Avoid the hands, eyes, and mouth.
- **Wear light-colored clothing**, which allows you to see ticks crawling on your clothing.

Perform Daily Tick Checks

Check your body for ticks after being outdoors, even in your own yard. Conduct a body check upon return from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Check these parts of your body and your child's body for ticks:

- Under the arms
- Inside belly button
- Back of the knees
- In and around the hair and ears
- Between the legs
- Around the waist
- **Check your children for ticks**, especially in the hair, when returning from potentially tick-infested areas. See the list above for the places on your child's body to check for ticks. Remove any tick you find on your child's body.
- **Check your clothing and pets for ticks.** Ticks may be carried into the house on clothing and pets. Both should be examined carefully, and any ticks that are found should be removed. Placing clothes into a dryer on high heat effectively kills ticks .



What to Do If You Are Bitten by a Tick

- Remove an attached tick as soon as you notice it. Watch for signs of illness such as rash or fever, and see a health care provider if these develop..
- Your risk of acquiring a tick-borne illness depends on many factors, including where you live, what type of tick bit you, and how long the tick was attached. If you become ill after a tick bite, see a health care provider.

Adapted from www.cdc.gov