

PREVENTING TICK BITES

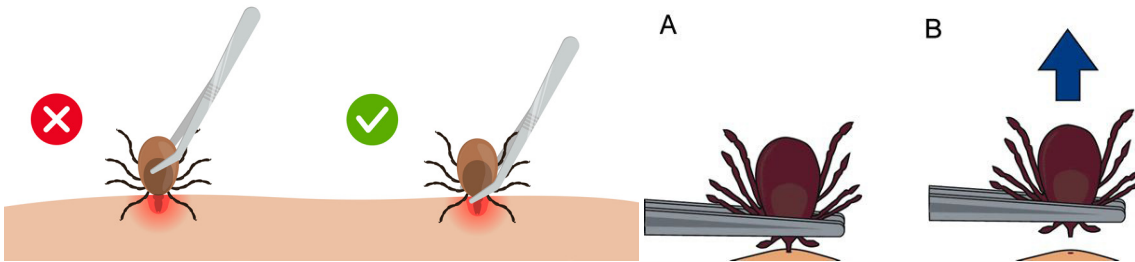
- ☀ Recognize when you are in potential tick habitats such as leaf litter, vegetation in forest environments, or shady areas.
- ☀ Walk in the center of forest trails, keep grass cut and rake leaves/clear brush in wooded/shady yards.
- ☀ Wear long pants and shoes with socks and treat clothing and gear with 0.5% permethrin. Do not apply permethrin to skin. Alternatively, you can buy permethrin-treated clothing and gear. **Using permethrin as directed is very effective at preventing tick bites.**
- ☀ Tuck treated pant legs into socks or boots, tuck shirts into pants and wear light-colored clothing so ticks are visible.
- ☀ If wearing shorts or pants that are not tucked into socks, apply EPA-registered insect repellents, such as DEET, oil of lemon eucalyptus, IR3535 or picaridin to exposed skin such as lower legs and arms at elbows. Always use products as directed.
- ☀ **After you come indoors:** Conduct thorough tick checks and shower with soap. Tumble dry clothing on high heat. Help children with tick checks.



For more information go to www.vdh.virginia.gov/ticks

HOW TO REMOVE A TICK

- ☀ Using tweezers, grasp tick near mouth parts as close to the skin as possible.
- ☀ Be careful not to squeeze or rupture the tick's swollen abdomen.
- ☀ Pull tick in a steady, upward motion until the tick releases from the skin. This may take a minute.
- ☀ **Other methods of tick removal are unsafe.**
- ☀ Disinfect hand and bite site with soap and water; apply antiseptic to the bite site.
- ☀ It is advisable to identify the tick, so save it in alcohol or a plastic bag. If you become ill, the tick identification might help your doctor diagnose the illness.



**If you become ill and have been exposed to ticks,
tell your doctor about your tick exposure!**

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