

## PREVENTING TICK BITES

*While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active. Ticks cling to vegetation and are most numerous in brushy, wooded or grassy habitats.*

### HELPFUL TIPS FROM THE SCHOOL NURSE

- *Use repellents that contain 20-30% DEET on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.*
- *Use products that contain permethrin on clothing. These products are intended for use on items such as clothing, shoes, bed nets and camping gear, and should NOT be applied to skin*
- *Wear long, light-colored pants tucked into your socks or boots, and a long sleeved shirt. This may be difficult to do when the weather is hot, but it will help keep ticks away from your skin and help you spot a tick on your clothing faster.*
- *Stay on cleared trails when walking or hiking, avoiding the edge habitat where ticks are likely to be.*
- *Talk to your vet about tick control options (tick collars, repellents) for your pets.*

### Find and Remove Ticks From Your Body

- *Bath or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.*
- *Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs. Tumble clothes in a dryer on high heat for one hour to kill remaining ticks.*

- *When doing a tick check, remember that ticks like places that are warm and moist. Always check the back of the knees, armpits, groin, scalp, back of the neck and behind the ears. If you find a tick attached to your body, remove it as soon as possible using a fine-point tweezers. Do not squeeze or twist the tick's body, but grasp it close to your skin and pull straight out with steady pressure.*