

TICK BITES

Ticks are everywhere and can carry Lyme disease that can make you, your family, and your pets very sick

****Most tick bites are harmless. The spread of disease by ticks is rare***

Preventing Tick Bites:

- Avoid tick-infested areas such as tall grass and dense vegetation
- When possible, wear long pants, long sleeves, and socks to reduce skin exposure
- Wear light-colored clothing to see ticks easier before they attach
- Tuck pants inside socks or boots
- Use repellents and carefully follow directions on label (DEET is an effective tick repellent along with Duranon or Permanone tick spray, Duranon and Permanone is applied to clothing NOT skin)

Checking for Ticks:

- Do a thorough skin check if you have spent time outdoors
- Check yourself, your children, and your pets often
- Remember to check under arms, behind knees, inside belly button and in hair
- Bathe or shower within 2 hours after being where ticks can be found and wash off ticks that may be crawling on you

Removing Ticks:

- Use tweezers and grasp the tick close to the skin (on its head)
- Pull the tick straight upward without twisting or crushing it
- Use fingertips if tweezers are not available
- Tiny deer ticks (small black ticks) can be scraped off with a fingernail or credit card edge
- Wash the area with soap and water and apply antibiotic ointment to the bite once
- Tick bites normally don't hurt or itch which is why they go unnoticed
- Lyme Disease: 1st symptoms can appear 3-30 days after tick bite, most obvious sign is a bulls eye rash