

Tick risks



Ticks live in dense grassy, wooded areas, and even on some animals.

Spending time outside with your pets, camping, gardening, or hunting could bring you into close contact with ticks.

Most people get ticks in their own yard or neighborhood.

Keep to the center of the trail, as ticks in nature tend to be in bushes, shrubs and grasses.

Tick bite prevention - Spray

If you expect to be in an area with a lot of ticks, you can treat your clothing with .5% permethrin. Use it to treat your boots, clothing, camping gear. It remains protective after several washes. You can also buy gear that is pre-coated with permethrin.

Other insect repellants that have been registered with the EPA, like DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-methane-diol (PMD), or 2-undecanone.

Tick bite prevention - Cover

Wear clothing that covers your arms and legs.

Tuck your pants into your socks or put tape around openings in clothing to prevent tick access

Wear light colored clothing to easily spot ticks on you.