

TICK REMOVAL & BITE PREVENTION



Ticks can be different sizes

- Young ticks can be as small as a poppy seed (~0.04 inch or ~1 mm).
- Adult ticks can be up to $\frac{2}{10}$ of an inch (5 mm) in length.
- Blood-fed female ticks can reach up to $\frac{6}{10}$ of an inch (15 mm) in length.

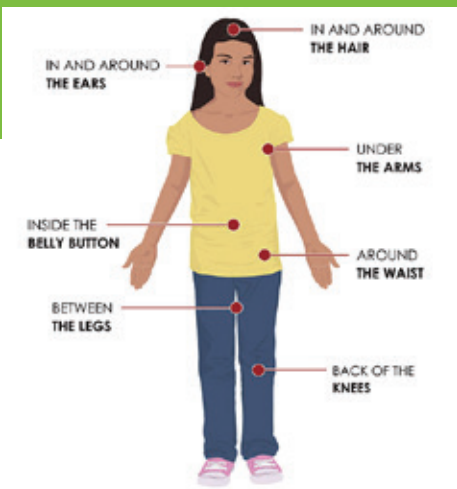
Ticks are active year-round in grassy, brushy, and wooded areas.

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Tick bite prevention tips

- Wear protective clothing tucked in around the ankles and waist.
- Use EPA-approved tick repellents.
- Treat gear and clothing with products containing 0.5% permethrin.
- Avoid tick habitats by staying in the center of walking/hiking trails.

Ticks can spread diseases like ehrlichiosis, Rocky Mountain spotted fever, and Lyme disease, which can be treated effectively if recognized early.



Perform a tick check after spending time outside

- Check for attached ticks, especially in areas shown above.
- Bathe as soon as possible.

Removing an attached tick

- Never squeeze ticks or use heat, nail polish, solvents, petroleum jelly, or other material to make the tick detach.
- Use fine-tipped tweezers to grasp the tick as close to the skin as possible.
- Pull up with steady, even pressure. Do not jerk or twist the tick. This could cause the mouthparts to break off in the skin.
- Clean the bite area with soap and water. Apply an antiseptic such as iodine, hydrogen peroxide or rubbing alcohol.
- Record the date of the tick bite.
- Contact a doctor if fever, rash, headache, joint or muscle pain develop.

