

PREVENTION OF TICKBORNE DISEASES

Susan Stowers

Prevention of Tickborne Diseases

- **Similar for all tickborne diseases**
- **Prevent tick bites**
 - **Repel ticks**
 - **Find and remove ticks**
 - **Create tick free zones**
 - **Tick-safe landscaping**

Prevent Tick Bites

- **Take preventive measures against tick bites year-round**
- **Be extra vigilant in warmer months**
 - **April–September**
- **Walk in the center of trails, not through brush**
- **Control the brush around your home**
- **Avoid wooded and bushy areas with high grass and leaf litter**

Repel Ticks

- **Products containing permethrin can be used to treat clothing and gear**
 - **Boots**
 - **Pants**
 - **Socks**
 - **Tents**
- **Remains protective through several washings**

Repel Ticks (cont)

- **Repellents containing 20% or more DEET (N, N-diethyl-m-tolumide) can be applied to skin**
 - **Protect several hours**
- **Always follow product instructions**
- **Parents should apply product to children**
 - **Avoid hands, eyes and mouth**

Repel Ticks (cont)

- **Other repellents registered by the Environmental Protection Agency (EPA) may be found at <http://cfpub.epa.gov/oppref/insect/>**

Find and Remove Ticks

- **Wear light-colored clothing to more easily find ticks that are crawling on you**
- **Conduct tick check using a hand-held or full-length mirror upon return from tick-infested areas**
- **Parents should check children for ticks**

Find and Remove Ticks

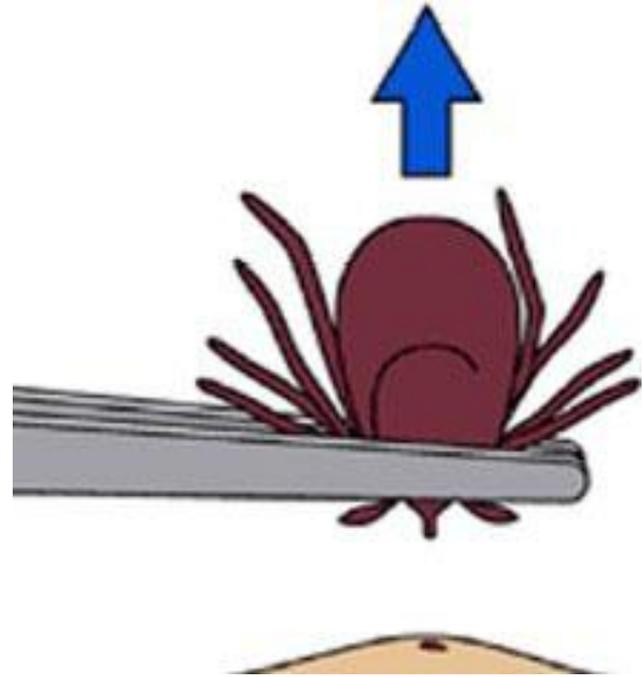
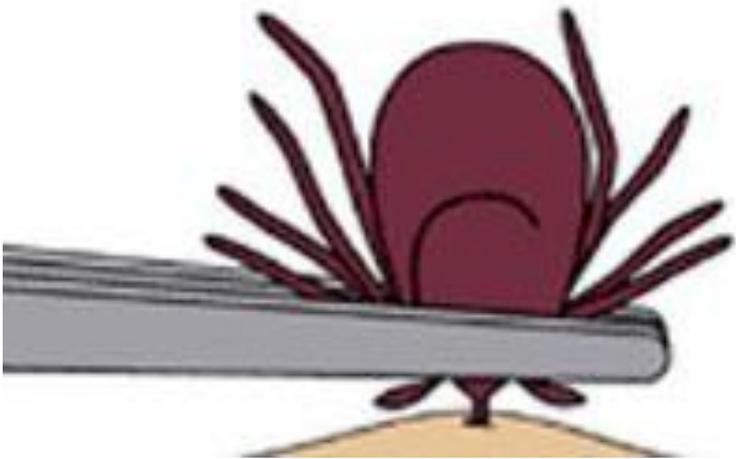
- **Ticks can ride into homes on clothing and pets**
 - **Can attach to a person later**
- **Carefully examine pets, coats, and day packs**
- **Tumbling clothes in a dryer on the highest heat for at least one hour may help kill remaining ticks**

Find and Remove Ticks

- **Shower soon after being outdoors**
 - **Showering within two hours of coming indoors has been shown to reduce your risk of being bitten by a tick**

To Remove a Tick

- **Use fine-tipped tweezers**
- **Protect hands with tissue or gloves**
- **Grasp tick as close to skin surface as possible**
- **Pull upward with steady, even pressure**
- **Don't twist or jerk tick**
 - **If mouth parts break-off in skin, remove with tweezers**
 - **Leave alone and let skin heal if cannot be removed**

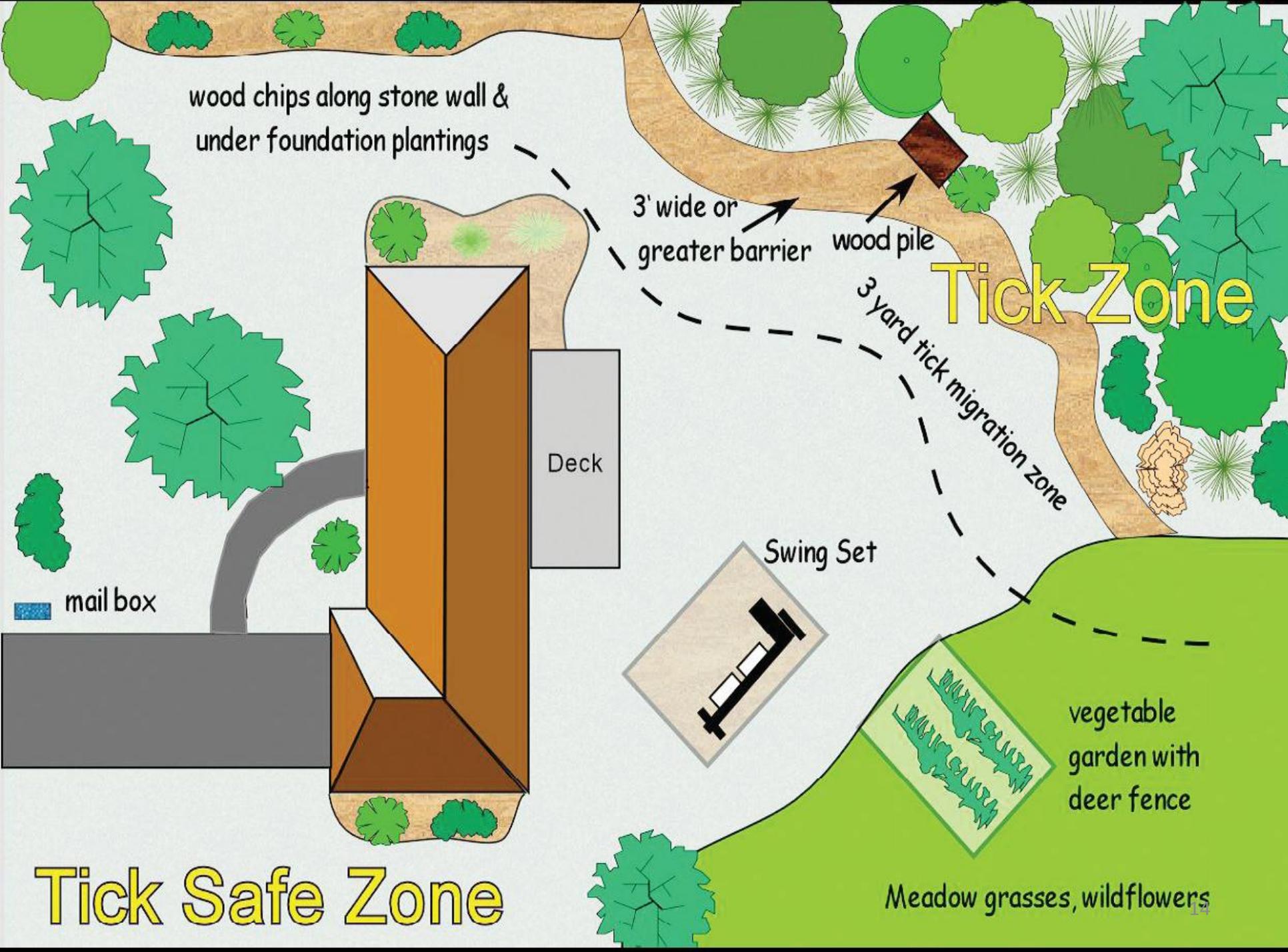


Create Tick-Safe Zones

- **Tick-Safe Landscaping**
 - **Techniques should be considered for homes, parks, fields, and recreational areas**
 - **Ixodes ticks need higher humidity levels of woodland to survive**
 - **Die quickly in drier environments**

Tick-Safe Landscaping

- **Increase exposure to sun and air**
 - **Remove leaf litter**
 - **Clear tall grass and brush around houses and at the edges of lawns**
 - **Reduces numbers of ticks that transmit Lyme disease**
 - **Lay down wood chips or gravel where lawns and recreational areas butt up against wooded areas**
 - **Reduces number of ticks on grassy areas by creating a drying barrier**





Outdoor Pesticides

- **Acaricides can be applied to yards**
 - **Pesticides for ticks**
 - **Apply small amount once a year to control nymphal tick stage**
 - **Usually May or June**

Tick Prevention for Pets

- **Check pets regularly for ticks**
 - **Especially after being outdoors**
- **Remove ticks found on pets immediately**
- **Reduce tick habitat in yard**
- **Use a tick preventative on dogs and outdoor cats**
 - **Talk with your veterinarian about the best option for your pet**

Summary of Prevention

- **Key to prevention is avoiding tick bites**
 - **Repel ticks**
 - **Find and remove ticks**
 - **Tick-safe landscaping**
 - **Consider acaricides for yards**
- **Follow proper technique to remove ticks**
- **Consult doctor if rash or fever develop within several weeks of removing a tick**
- **Use tick prevention for pets**

Are You Ready?



Time for the Case Ascertainment Exercise!