

# Tick-borne Infection Prevention Checklist

*Reduce your risk of tick-borne disease this spring and summer by following these tips:*

- Be aware that ticks are most commonly found from April–September in grassy, brushy, and/or wooded areas with shade.
- Ensure family pets are under the care of a veterinarian and are receiving a preventative tick treatment
- Consider tick-safe landscaping methods such as a 3-foot boundary of wood chips or gravel to reduce ticks crawling into yards or playgrounds \*
- Use an insect repellent such as DEET at concentrations of 20% to repel ticks; parents should assist children in application of any repellent.
- Wear light-colored clothing when spending time outdoors to spot crawling ticks more easily.
- Stay in the center of trail areas helps to avoid questing ticks when hiking.
- Take a shower within 2 hours of being in a tick habitat
- Be aware that ticks can be about as small as a poppy seed and can easily be missed.

- Perform a full-body tick check using a hand mirror helps to identify crawling or attached ticks after spending time outdoors; parents should assist children in performing tick checks.
- The following areas are key areas to check when looking for ticks on the body:
  - under the arms
  - in and around the ears
  - inside the belly button
  - back of the knees
  - under the arms
  - in and around the hair line
  - between the legs
  - around the waist
- Check with your healthcare provider before traveling to another country to find out if additional precautions are needed
- If an attached tick is identified on the body, it should be removed by (1) grasping the tick as close to the skin as possible with tweezers and (2) applying steady upward pressure.

