

## TIPS FOR PREVENTION/REMOVAL OF TICKS

- When going into wooded, marshy or high grass areas, use commercial insect repellent (Off, 6/12, etc.) to help repel ticks **AND** wear protective clothing such as long pants tucked into high socks and long-sleeved shirts.
- Check yourself and your children frequently for ticks, especially after activity in wooded marshy or high grass areas. It takes a few hours for ticks to find a site for attachment, so inspection and prompt removal may help to prevent bites and subsequent infection.
- Inspect your pets often.
- Mowing grass regularly will help keep tick populations down.
- The recommended method for tick removal is to grasp the tick firmly with blunt tweezers or protected fingers as close to the skin as possible. Remove the tick with a slow, steady pulling motion. (if too much force is used, part of the tick may remain and can cause infection). If tweezers are not available, protect fingers with rubber gloves. **DO NOT HANDLE WITH BARE HANDS.**
- Wash hands and tick site thoroughly with soap and water afterwards.