

# How to Avoid Tick Bites

Ticks can become infected with diseases when feeding on white-footed mice and other small mammals. An infected tick can then spread disease to a person through a tick bite. You can reduce the risk of getting diseases from ticks by taking steps to avoid tick bites.



**Know where ticks are:** ticks live in or near wooded or grassy areas. Always walk in the center of trails to avoid contact with ticks.



**Cover up:** wear long sleeves and pants tucked into socks to prevent ticks from getting under clothes.



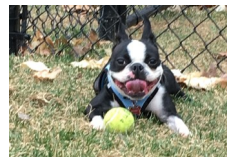
**Keep your yard clean:** mow lawns, clear brush and remove leaf litter.



**Shower:** showering within two hours after being outside (ideally, as soon as possible) can help find and wash off unattached ticks.



**Repel ticks:** use EPA-registered repellent with DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), or 2-undecanone on skin and permethrin on clothing, boots and gear. Most repellents can be used on children older than 2 months. Products containing OLE should not be used on children under 3 years. Always follow product label instructions.



**Protect pets:** keep pets safe by checking for ticks daily and using tick control products as recommended by your veterinarian.



**Inspect:** check your entire body—and your children's—for ticks after being outside and use a mirror to view hard-to-see areas. Remove attached ticks with tweezers.

Be sure to check these parts of your body and use a hand-held or full-length mirror to view all parts of your body:

- ◆ Inside belly button
- ◆ In/around the hair
- ◆ In/around the ears
- ◆ Back of the knees
- ◆ Between the legs
- ◆ On the scalp
- ◆ Under the arms
- ◆ Around the waist