



Tick Bite Prevention

Tick and Mosquito Repellents

Higher concentration corresponds to how long you are protected, not how well you are protected.

DEET (*N, N-diethyl-m-toluamide*) (For ages ≥ 2 mos.)

- 10-30% concentration effective for 3 to 5 hours

Picaridin (For ages ≥ 2 mos.)

- 10% concentration effective for 2 to 3 hours
- Similar to a natural compound found in black pepper plants

Oil of Lemon Eucalyptus (For ages ≥ 3 yrs.)

- 30% concentration effective for 4 hours
- Sourced from the gum eucalyptus tree

Permethrin 0.5%

- **Applied to clothing and gear** - do NOT apply to skin
- Self-applied: effective for 6 weeks or 6 washes

Additional Strategies

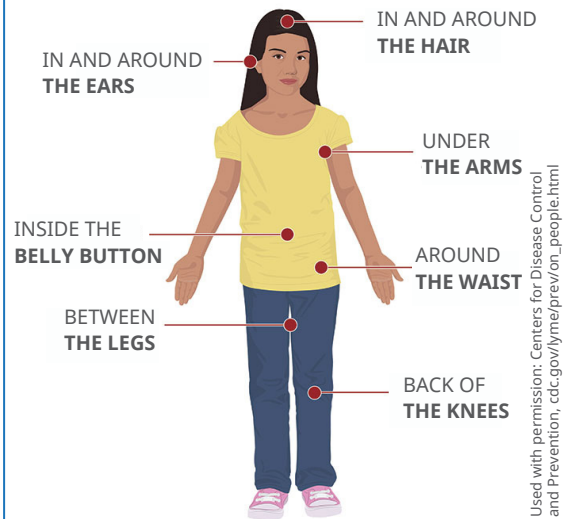
- Avoid tall grass and brushy areas when possible
- Perform tick checks on bodies, gear, and pets after being outdoors
- Tumble dry clothes on high heat for 10 minutes to kill ticks on clothing
- Shower soon after spending time outdoors to help wash off unattached ticks

To learn more, visit our educational microsite to help keep you up to date on guidelines and information about Lyme disease

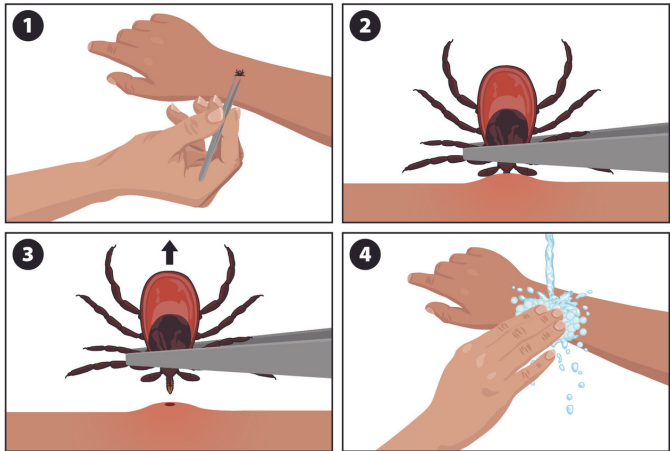


Full Body Tick Check

Check ALL parts of the body, with careful inspection of these areas.



Tick Removal



Use slow, steady upward pressure to remove tick from skin. Dispose of tick by flushing down the toilet or placing in rubbing alcohol or a sealed bag.