
Preventing Tick Bites on People

While it is a good idea to take preventive measures against ticks year-round, be extra vigilant in warmer months (April-September) when ticks are most active.

Avoid Direct Contact with Ticks

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.

Repel Ticks with DEET or Permethrin

- Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may provide longer-lasting protection.
- Other repellents registered by the Environmental Protection Agency (EPA) may be found at [Insect Repellents: Use and Effectiveness \(http://cfpub.epa.gov/oppref/insect/\)](http://cfpub.epa.gov/oppref/insect/) .

Find and Remove Ticks from Your Body

- Bathe or shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under



the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.

- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
 - If the clothes are damp, additional time may be needed.
 - If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively. If the clothes cannot be washed in hot water, tumble dry on low heat for 90 minutes or high heat for 60 minutes. The clothes should be warm and completely dry.

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Content source: Centers for Disease Control and Prevention (<http://www.cdc.gov/>)

National Center for Emerging and Zoonotic Infectious Diseases (NCEZID) (<http://www.cdc.gov/ncezid>)

Division of Vector-Borne Diseases (DVBD) (<http://www.cdc.gov/ncezid/dvbd/index.html>)