

Tick Tips: How to Reduce Exposure to Ticks

- Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. Ticks can be active on days when the ground temperatures are above 40 degrees Fahrenheit. Peak time of year for tick activity is from late march to mid-October.
- Wear light-colored clothing, including a hat, long sleeves, long pants and enclosed shoes. Tuck pants into socks.
- Use insect repellent, containing 20% or more DEET, according to the directions on the container. Permethrin can be used on clothing but should not be used on skin.
- Shower or bathe after being outdoors to check for ticks. Remember to check your hair, underarms, navel, and groin for ticks. Also check children, infirm adults and pets. Pets should be checked prior to entering your home.



Tick Tips: How to Protect Your Yard from Ticks

- Remove leaf litter and trash. Clear tall grasses and brush around homes and at the edge of lawns. Mow the lawn frequently.
- Leave a 3-foot wide barrier of wood chips or gravel between lawns and wooded areas to restrict tick migration into recreational areas. Consider an organic pesticide application as a targeted treatment.
- Keep playground equipment, decks, and patios away from yard edges and trees. Move bird feeders away from your home and playground apparatus.
- Stack wood neatly, in a dry area, away from your home to deter rodents.
- Discourage animals (such as deer and raccoons) from entering your yard by constructing fences.

