



Practice Tick Safety

Protect Yourself:

- Shower promptly after recreating or working outdoors in wooded or brushy areas. Many times you can prevent ticks from even biting.
- Perform daily tick checks after being outdoors in wooded or brushy areas.
- Remove ticks with a fine-tipped forceps or tweezers by grabbing the tick as close to the skin as possible, and pulling slowly, but firmly straight out of the skin.
- Wear tick-protective dress which includes long pants. Remember, ticks start low in the vegetation and climb onto your pants, moving upward. Tucking pant legs into socks can prevent ticks from getting inside your clothing.
- Treat clothing with an appropriate clothing repellent containing Permethrin. These products will kill ticks on contact.
- Apply an EPA approved insect repellent to exposed skin to help prevent ticks from biting. Follow label directions, and parents should apply repellent to children.



The US Environmental Protection Agency (EPA) has a repellent education and search tool available for the public at <http://cfpub.epa.gov/oppref/insect/>



Protect Your Pets:

- Keep your pets protected by using oral or topical flea and tick preventive products. This will not only protect your pet, but may also protect your family from pets bringing ticks into the home.
- Consider vaccinating your pet for Lyme disease if you live in an area where Lyme disease is known to occur. Speak to your veterinarian for more information.

Protect Your Yard:

- Eliminate tick habitat by trimming brush and low-lying vegetation away from the areas of the yard that you recreate in. This reduces tick and rodent habitat; rodents are the primary hosts for immature ticks.
- Create a barrier between your yard and the woods using wood chips or gravel.
- Trim back overhanging vegetation to allow more sunlight into your yard.
- Consider treating the perimeter of your yard with insecticide for ticks when they become active early in the summer. Use EPA approved products according to the label.



For More Information Visit: www.michigan.gov/lyme

Other MDCH Resources:

-- MDCH educational pamphlets and posters can be ordered using the form link here:
http://www.michigan.gov/documents/emergingdiseases/Publication_Order_Form_357623_7.pdf

-- Consider submitting ticks for identification using the [MDCH Tick Submission Kit](#)