PREVENTING TICK BITES

• Take precautions year-round. Ticks can be active anytime of year, even winter.
• Use an insect repellent with DEET, Picaridin or oil of lemon eucalyptus on exposed skin and clothing. Or, treat clothing (not skin)—especially pants, socks and shoes—with Permethrin. **Always follow product instructions.**
• Wear light-colored clothing to spot ticks more easily.
• For added protection in woods and brushy areas, wear long pants tucked into socks (you can tape this area so ticks can’t crawl under), wear a long-sleeved shirt tucked into pants, and wear a hat.
• Keep to formal trails and walk in the center to avoid overhanging branches, grass and brush. Don’t sit on logs.
• Avoid tick-infested areas, such as tall grass, shrubby areas and leaf litter and woodland edges next to athletic fields, meadows and lawns, especially during April-July (including at the beach).
• After being outdoors, remove clothing and wash/dry at high temperature.
• Inspect yourself carefully for ticks during and after being outdoors.
• Shower within two hours of being outdoors to help rid your body of ticks.
• Inspect your dogs for ticks. Dogs can also get Lyme Disease and other tick-borne illnesses. (Ask your veterinarian how to protect your pet.)
• Carefully remove attached ticks. (See instructions on website below.) The more quickly you remove them, the less likely they can transmit disease. Save for later identification/testing.
• Call your doctor if you develop symptoms after a tick bite such as: rash, fever, head/muscle aches, joint pain, tiredness.
• Do not assume repellents, clothing and/or avoiding certain areas will provide complete protection. You can get a tick bite almost anywhere in NJ, including your yard.

Read more at [www.cdc.gov/ticks](http://www.cdc.gov/ticks).

**Comparison of NJ’s Three Major Tick Species**

*Ixodes scapularis*  
(Blacklegged or Deer Tick)  

*Amblyomma americanum*  
(Lone Star Tick)

*Demacentor variabilis*  
(American Dog Tick)

Female  

Male  

Nymph  

**Ticks to the left enlarged to show detail. Ticks to the right represent actual size.**

For more information:
Monmouth County Mosquito Control Division  
Tick-Borne Diseases Program  
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732-542-3630  
Email: ticks@co.monmouth.nj.us • [www.visitmonmouth.com/mosquito](http://www.visitmonmouth.com/mosquito)