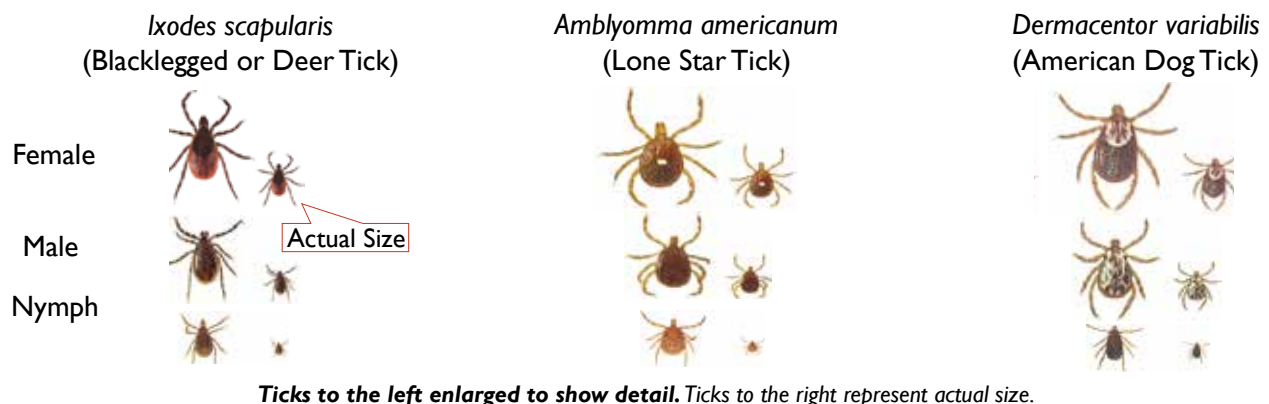


PREVENTING TICK BITES

- 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.

COMPARISON OF NJ'S THREE MAJOR TICK SPECIES



FOR MORE INFORMATION:

Monmouth County Mosquito Control Division
Tick-Borne Diseases Program
1901 Wayside Road, Tinton Falls NJ 07724
732-542-3630

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