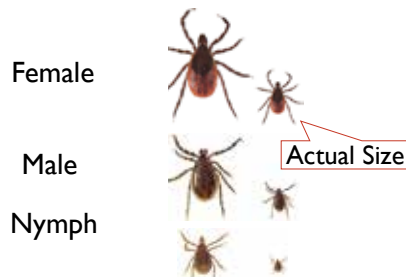


# PREVENTING TICK BITES

- Take precautions year-round. Ticks can be active anytime of year, even winter.
- Use an insect repellent with 20% or more DEET, Picaridin or IR3535 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.
- Wear long pants tucked into socks (tape this area so ticks can't crawl under). Wear long-sleeved shirt, tucked into pants. Wear a hat for added protection.
- Walk in the center of trails 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—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.
- Inspect your dogs for ticks. Dogs can also get Lyme Disease and other tick-borne illnesses. (Ask your veterinarian how to protect your pet.)
- Shower within two hours of being outdoors to help rid your body of ticks.
- 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.
- 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)



*Dermacentor variabilis*  
(American Dog Tick)



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  
1901 Wayside Road, Tinton Falls NJ 07724  
732-542-3630

Email: [ticks@co.monmouth.nj.us](mailto:ticks@co.monmouth.nj.us) • [www.visitmonmouth.com/mosquito/tick.html](http://www.visitmonmouth.com/mosquito/tick.html)

