



Delaware County Public Health

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Ticks are Active: Precautions Needed

Spring is here and ticks are becoming active. With increased tick activity comes increased risk for exposure to Lyme and other tickborne diseases. Reducing exposure to ticks is the best defense against these infections.

Steps to reduce your exposure include:

- Do not walk barelegged in tall grass or woods.
- Wear a long-sleeved shirt, long pants, and high socks. Tuck pants into socks.
- Wear light-colored clothing so crawling ticks can be seen more easily.
- Use insect repellent with DEET on exposed skin and clothing to prevent tick bites.
- Permethrin is another type of repellent that can be applied to clothing, but DO NOT apply it directly to the skin.
- Always follow the directions on the repellent label.
- Wash off all repellents after going indoors
- Conduct "tick checks" daily if spending a lot of time outdoors. Ticks are most often found on the thigh, arms, underarms, and legs.

If you do get bit by a tick, do not remove it by using petroleum jelly, kerosene, lighted cigarettes, or other home remedies.

Remove the tick by:

- Using a tweezers,
- Grab the tick close to the skin and
- Pull straight out.
- Once removed, cleanse the area with soap, rubbing alcohol, or hydrogen peroxide.

For more information on Lyme disease and ticks, visit:

- Centers for Disease Control www.cdc.gov/ncidod/dvbid/lyme and www.cdc.gov/nasd/docs/d000901-d001000/d000960/d000960.html
- Or for your pets, www.cdc.gov/heathypets/diseases/lyme.
- Iowa Department of Public Health www.idph.state.ia.us