



### **Check for ticks frequently.**

Look especially behind **knees, armpits, groin, and in hair/behind ears**. On **dogs, look around the head/ears, belly, tail, and paws**. Remove ticks with fine-tipped tweezers and save in a tightly-sealed container for later ID.



### **Dry, then wash.**

Remove clothes upon arriving home from outdoor areas and **dry on HIGH for 10-15 minutes** to kill loose ticks. Ticks can survive the wash.



### **Save and report any ticks.**

The **TickApp** is a free smartphone app to send a photo of your tick and receive relevant information. For more information check out: <https://thetickapp.org/>. Available from Google Play and the AppStore.

## How to avoid becoming a meal while hunting for yours



Tick bites can transmit germs that cause illnesses like Lyme disease, Rocky Mountain Spotted Fever, or even trigger a red-meat allergy.



### **Treat gear before you go.**

**Permethrin (0.5%)** is an odorless fabric spray that repels and kills ticks on contact with clothing for **up to 4-6 weeks** per application as directed.



### **Use EPA-approved repellent on exposed skin.**

Products like **20-30% DEET spray, LipoDEET lotion, picaridin, or IR3535** offer excellent repellency of ticks and other biting pests.



### **Protect your dog.**

Dogs can also get tick-borne illnesses, or bring loose ticks home. Talk to your veterinarian about an effective tick preventative, and **use it whenever outdoors - even in winter.**