**TICK PREVENTION**

Centers for Disease Control and Massachusetts Department of Public Health

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**Tick Avoidance**

* Avoid wooded and bushy areas with high grass and leaf litter.
* Walk in the center of trails.

**Clothing**

* Wear light-colored clothing.
  + Dark ticks on light colored clothing are easier to see.
* Wear long sleeve shirts
* Wear long pants with sneakers or hiking boots.
  + Tuck your pant legs into your socks, and keep your shirt tucked into your waistband.
    - In areas where ticks are abundant, use duct tape around your ankles, over the top of your socks.

**Repel Ticks with DEET**

* Use repellents that contain 20 to 30% DEET on exposed skin and clothing for protection that lasts up to several hours.
  + Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.
* Other repellents registered by the Environmental Protection Agency (EPA) may be found at http://cfpub.epa.gov/oppref/insect/.External Web Site Icon

**Tick Removal**

* Shower or bathe after coming indoors to wash off and more easily identify ticks.
* Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas.
  + Check for ticks under the arms, in and around the ears, inside the navel, behind the knees, between the legs, around the waist, and hair.
  + Examine gear and pets.
    - Ticks will attach to clothing and pets, then transfer to a person later.
  + Tumble clothes in a dryer on high heat for an hour to kill remaining ticks.