

Keep Ticks Off You



Repel



- ◆ Use **bug repellents** with at least **20% DEET** on all exposed skin.
- ◆ Follow directions and reapply as needed.
- ◆ Parents should apply this product to their children, avoiding hands, eyes, and mouth.

- ✓ Avoid logs and areas with high grass or fallen leaves
- ✓ Walk in the center of trails

- ◆ Wear long sleeves and pants when possible.
- ◆ Treat clothes and shoes with **permethrin** that kills ticks. This remains protective through several washings. Pre-treated clothing is available and may be protective longer.



Remove

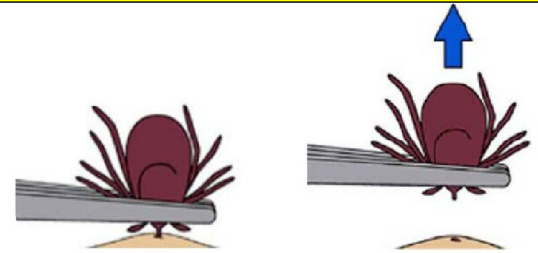
If you find a tick crawling on you, brush it off.
If you find a tick attached to your skin, remove it quickly.

- ◆ Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- ◆ Pull upward with steady, even pressure. Don't twist or jerk the tick.
- ◆ After removing the tick, clean the bite area and wash your hands with soap and water.

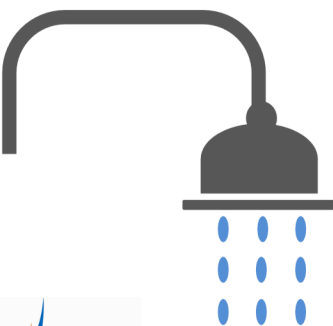
We can **identify your tick** and provide **information on disease risk**.

Keep it in a plastic bag (alive) and bring it to Santa Cruz County Mosquito & Vector Control
640 Capitola Road, Santa Cruz 95062

Call ahead for availability: (831) 454-2590



Shower



- ◆ Bathe and shower within two hours or as soon as possible after leaving an area with ticks to wash off ticks and to find them more easily.
- ◆ Do a full body check using a mirror to view all parts of your body. Ticks are usually found:
 - ✓ Under arms
 - ✓ In and around the ears
 - ✓ Inside the belly button
 - ✓ Behind the knees
 - ✓ Between the legs
 - ✓ On the scalp
- ◆ Parents should check their children for ticks.

- ✓ Tumble unwashed clothes in the dryer on high heat for 10 minutes to kill remaining ticks.
- ✓ Examine gear and pets. Ticks can hitchhike into homes.