

Tick Prevention and Tips

Spring is here and so are ticks! Ticks are most active during warmer months (April-September), however tick exposure can occur year-round. Here are some reminders and tips to remove ticks and prevent tick bites. Additional tips can be found here: https://www.cdc.gov/ticks/pdfs/FS_TickBite-508.pdf

How to Remove A Tick

1. Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. Pull upward with steady, even pressure to remove the tick. Avoid twisting or jerking.
3. Clean the bite area and your hands with rubbing alcohol or soap and water.

Please Note:

- Remove the tick as soon as possible to reduce your chances of getting an infection from the tick bite.
- Don't use nail polish, petroleum jelly, or a hot match to make the tick detach.
- If tick mouthparts remain in the skin, leave them alone. In most cases, they fall out in a few days.

How to Prevent Tick Bites

Protect yourself:

- Use Environmental Protection Agency (EPA)- registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with permethrin.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.
- Avoid wooded and bushy areas with high grass and leaf litter and walk in center of trails.

When to See Your Healthcare Provider

If you develop a rash, fever, exhaustion, or joint and muscle aches within several weeks of removing a tick or spending time in tick habitat, see your healthcare provider. Be sure to mention your recent tick bite and when it happened, or that you've spent time in places where ticks may live. If able, tape tick to an index card for easier identification.

Antibiotics Treat Lyme Disease

People treated with antibiotics in the early stages of Lyme disease usually recover rapidly and completely. If left untreated, Lyme disease can affect the joints, heart, or nervous system.

Reference: For more information see www.cdc.gov/Lyme and www.cdc.gov/Ticks
<https://www.health.pa.gov/topics/disease/Pages/Lyme-Disease.aspx>

Enjoy the outdoors,
Nurse Gabriel