Since the weather is warming, ticks are more active. This means we need to be on the lookout for them and take steps to prevent Lyme and other tick-borne diseases.

To avoid ticks, avoid wooded and brushy areas and walk in the center of trails. Use a repellent with 20% or more DEET, picardin, or IR3535 on exposed skin. Follow product instructions and apply the product for children while avoiding mouth, eyes, and hands. Products containing 0.05% permethrin may be used on clothing and gear, allowing it to dry before use. Protection lasts through several washings.

Check your body for ticks as soon as possible after being outdoors, even in your own yard. Parents should check their children for ticks, especially the hair, ears, underarms, around the waist, between legs and behind the knees. Remember to check your pets and your gear too. Prevent family pets from bringing ticks into the home by limiting their access to tick-infested areas and by using veterinarian-prescribed tick collars or spot-on treatment. Tumble dry clothes on high heat for 10 minutes to kill ticks on dry clothing.

Remove an attached tick using fine-tipped tweezers as soon as you notice it. The less time a tick is attached to your skin the less chance it has of transmitting disease.

Be alert for fever/chills, aches/pains or rash, and notify your health-care provider immediately if you have been exposed to ticks and experience these symptoms.

Guides to tick identification and information on tick-borne diseases is available at the following websites:

http://www.cdc.gov/ticks/geographic_distribution.html

http://www.cdc.gov/ticks/symptoms.html

If you have any questions or concerns, please call the Jo Daviess County Health Department at: 815-777-0263.

References:
Retrieved from: https://www.cdc.gov/ticks/avoid/on_people.html on March 22, 2018

Retrieved from: https://www.cdc.gov/ticks/avoid/on_pets.html on March 22, 2018