

TIPS FOR PREVENTION OF TICK BITES

Dress for success

- Ensure as much of your body is covered as possible by wearing enclosed shoes, hat, long sleeved top and long pants.
- Light coloured clothing is ideal as it's easier to spot ticks on light material than on darker colours.
- Tuck your top into your pants, and your pants into your socks. It may not look very stylish but it will limit access points to your body!
- If you're a gardener, it's a good idea to wear gloves.



Tuck your shirt into your pants and your pants into your socks.

Use insect repellent

- Apply an insect repellent that contains diethyl-meta-toluamide (DEET) to clothing and all exposed skin. Be sure to follow the manufacturer's instructions for application.
- Or, apply an insect repellent that contains Citriodiol® - oil of lemon eucalyptus (NB. This is NOT the same as lemon eucalyptus essential oil). This is a natural and less toxic option than DEET.
- Don't forget to apply the repellent to your ears, neck and hairline. These areas often become warm and moist, making them attractive to ticks.
- Before visiting known tick-infested areas, treat your clothing with the insecticide permethrin. You can buy this from outdoor recreational stores or chemists. You can also purchase pre-treated permethrin clothing.
- (NB. Permethrin is toxic to cats)

Conduct a tick check

- Before going indoors, inspect your clothing for ticks. As a precaution, immediately place the clothes into a clothes dryer for at least 10 minutes on a hot cycle. This has been proven to kill ticks by literally drying them to death. Then you may wash the clothes as usual.
- Check your body for ticks, especially behind the ears and knees, on the back of the head and neck, and around the hairline, groin and armpits.
- Don't forget to also check any children or pets who have accompanied you outdoors.



Don't forget to check kids and pets after outdoor play.

Prevention at home

- Because ticks are attracted to moist, bushy areas, we recommend:
 - regularly mowing lawns and weeding.
 - pruning foliage overhanging moist locations, paths and entertaining areas.
- Be aware that ticks may hide in leaf litter and mulch.
- Stay alert - ticks are active for most of the year but are most active following rain and periods of high humidity.
- Don't forget to regularly check children and/or pets returning from outdoor play.
- Consult a vet or pet store for recommendations on prevention for pets.