



# Safety Tip of the Week

## Prevent Tick Bites

Did you know the tick exposure can occur year-round? Ticks seem to be more active during the warmer months of the year (i.e., April through September, according to the Center of Disease Control.

### Prepare Before Going Outdoors

Where to expect ticks:

- Ticks live in grassy, bushy, or wooded areas, or even on animals; and
- Spending time performing outdoor tasks like working in areas mentioned above. Walking your pets, camping, gardening, or hunting could bring you in close contact with ticks.



### Avoid Contact with Ticks

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails.
- To find the repellent that is right for you, EPA has provided a search tool on its website. Please visit the following EPA website to learn more:
  - <https://www.epa.gov/insect-repellents/find-repellent-right-you>

### Ticks Are Hitchhikers

- Check clothing, wash and dry clothing on hot temperatures to kill those ticks.
- Check gear and pet, coats and packages.
- Shower soon after being outdoors. Reduce the risk of Lyme disease and other tickborne diseases.
- Do the "Tick Check" Thoroughly check all parts of your body and your children for the sneaky tick!

***IT'S SERIOUS BUSINESS...TICKS DON'T FOOL AROUND!***