



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. Many deer ticks carry Lyme disease, and it is best treated as soon as possible.



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; and
- 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.

WHEN OUTSIDE...KEEP TICKS ON YOUR MIND!