

Prevention tips

- **Ticks are tiny, so look for new "freckles"**
 - If you find a tick attached to your skin, don't panic. Use a pair of fine point tweezers to grip the tick as close to the skin as possible and pull straight out with steady pressure.
You **should not** apply kerosene, petroleum jelly, nail polish, or a hot match tip to remove the tick. These measures are not effective and may result in injury.
 - Circle the calendar date and note where on the body the tick was removed. You may want to save the tick for identification.
 - Your physician may choose to treat you following a deer tick bite. Notify your health care provider if you have been bitten by a deer tick or if you develop a rash or other signs of illness following a tick bite.
- Talk to your doctor if you develop a rash where you were bitten or experience symptoms such as fever, headache, fatigue, or sore and aching muscles.
- When going outside to an area likely to have ticks:
 - Stick to main pathways and the center of trails when hiking.
 - Wear a light-colored, long-sleeved shirt with long pants and tuck your pants into your socks. This may be difficult to do when the weather is hot, but it will help keep ticks away from your skin and make it easier to spot a tick on your clothing.
 - Use bug repellents. Repellents that contain DEET can be used on your exposed skin. Permethrin is a product that can be used on your clothes. Always follow the product instructions and use repellents with no more than 30-35% DEET on adults and 10-15% DEET on children.
 - **Never use insect repellents on infants.**