

Fight the Bite - Prevent Tick-borne Illness



Ticks spread germs through the process of feeding. Ticks feed on mammals, birds, reptiles and amphibians. This is not an event you want your body to host! Ticks can spread germs that cause illness when they attach to their feeding source.

Ticks are a pest all year-round, but they are most active during warmer months of the year (April-September). Those most at risk of tick bites are those who spend a lot of time outdoors. Whether that is enjoying your backyard, taking a walk in a park, or camping in wooded environments - be prepared to encounter ticks!



Before going outside:



Know where ticks live - Many people encounter ticks in their own yard or neighborhood. Ticks are found in grassy, brushy, or wooded areas. As we spend more time outside during the warmer months of the year, avoid wooded and brushy areas and walk in center of trails.



Use Environmental Protection Agency (EPA)-registered insect repellents - Repellents such as DEET, picaridin, IR3535, and Oil of Lemon Eucalyptus (OLE) can repel ticks. You can find the product that best suits your needs using the [EPA's search tool](#). Always follow the product label instructions.



Treat your Clothes - Permethrin is an EPA-registered insecticide that kills ticks on contact. Permethrin is safe for people when used according to the product label instructions. Permethrin treated clothes can last through multiple washings.

After coming inside:



Check your clothing and gear for ticks - Ticks are tricky! They often hitch rides on hats, clothing, and any gear you bring along outside. Carefully inspect these items to prevent tick bites when you least expect them.



Shower as soon as possible after being outdoors - Showering within two hours after being outside can help find and wash away unattached ticks.



Protect your pets - Ticks can easily latch onto pets and bring them into your home. Use tick preventatives recommended by your veterinarian, and regularly check your pets for ticks.



Perform regular tick checks - After spending time outdoors, thoroughly check your body and clothing for ticks. Pay close attention to areas such as the scalp, behind the ears, under the arms, around the waist, between the legs, and back of the knees.



For more information, visit:

nj.gov/health/cd/topics/vectorborne.shtml

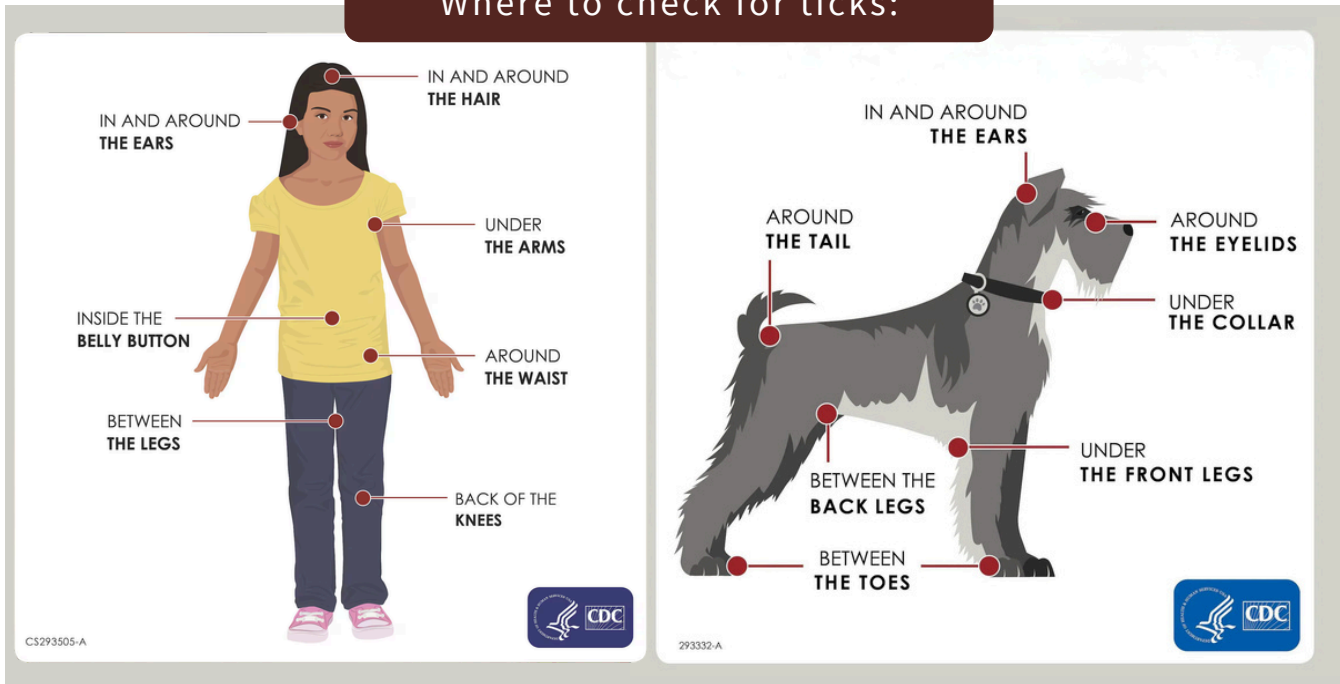
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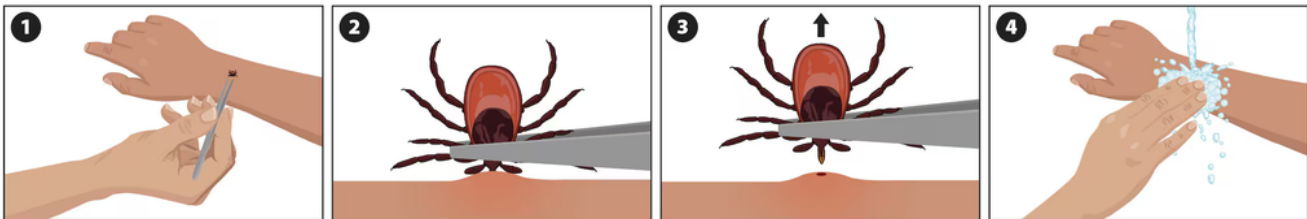


Time is Ticking! Perform a Tick Check!

Where to check for ticks:



If you find an attached tick, follow these steps:



1. Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
2. & 3. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you cannot remove the mouth easily with tweezers, leave it alone and let the skin heal.
4. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

How to safely dispose of a live tick:

Never crush a tick with your fingers.

- Put it in alcohol;
- Place it in a sealed bag/container;
- Wrap it tightly in tape; or
- Flush it down the toilet

Visit your healthcare provider if:

If you get a tick bite and develop symptoms within a few weeks, visit your healthcare provider. The most common symptoms of tick-related illness include fever/chills, aches and pains, and rashes.



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