



JOHNSON COUNTY HEALTH DEPARTMENT

dedicated to the prevention of disease and promotion of wellness for our community.



Prevent Tick-Borne Illnesses

Gardening, camping, hiking, and just playing outdoors – These are all great activities, but don't forget about ticks that may be in the same environment. Prevent tick bites and reduce your risk of tick-borne disease.

Know where to expect ticks. Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through leaf litter or shrubs. To avoid ticks, always walk in the center of trails.

Use a repellent with DEET (on skin or clothing) **or permethrin** (on clothing) and wear long sleeves, long pants and socks. Repellents containing 20 percent or more DEET can be applied to the skin, and they can protect up to several hours. **Always follow product instructions!**

Wear light-colored clothing, which allows you to see ticks crawling on your clothing.

Tuck your pant legs into your socks so that ticks cannot crawl up inside of your pant legs. Some ticks can crawl down into shoes and are small enough to crawl through most socks.

Check your body for ticks after being outdoors, even in your own yard. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Check these parts of your body and your child's body for ticks:

- In and around the ears
- Back of the knees
- In and around the hair
- Around the waist
- Inside belly button
- Under the arms
- Between the legs

Check your clothing and pets for ticks. Ticks may be carried on clothing and pets. Both should be examined carefully, and any ticks that are found should be removed. Placing clothes into a dryer on high heat effectively kills ticks.

Remove an attached tick as soon as you notice it. Watch for signs of illness such as rash or fever, and see a health care provider if these develop. Some of the more common diseases that you can get from a tick bite include:

- Ehrlichiosis
- Lyme disease
- Rocky Mountain Spotted Fever