



It's tick season again: 80 percent of Lyme disease cases occur between May and August.

Tips on how to deal with ticks:

- **Performing daily tick checks is important as ticks don't adhere very tightly to the skin for the first 24 hours; a shower or bath may even wash them away.**
- Repellents containing DEET, 10 percent or less for children and 20 to 30 percent for adults are most effective; use permethrin (a common insecticide) on clothes and shoes—it kills ticks on contact.
- Ticks—the size of a period—are easier to spot against light-colored clothing.
- Wear long sleeves and tuck your pant legs into socks or boots.
- Avoid areas with a lot of brush; walk in the center of a path, not on the sides.
- Dogs pick up ticks easily, so if you take yours into the woods, brush him off immediately.
- Don't try to pick a tick off with your fingers—the head and mouth may remain in your skin, spreading bacteria. Grasp its head with fine-tipped tweezers (specialty products for tick removal are sold in drug and other stores), pull it out very gently.
- Doctors may want the tick for testing, so you might place it in a plastic zip lock bag for transport, or dispose of it if you choose.
- Seek a doctor's attention immediately if you develop the tell-tale bull's-eye rash of Lyme disease or have cold/flu like symptoms after being bitten by a tick.

References

Wallace, H. (2017, April). *Tips for Tick Season*. Retrieved from Travel + Leisure: <http://www.travelandleisure.com/articles/ticked-off>

