

Tick Disease Prevention When Camping



Ticks are active in all seasons.

Ticks live in grasses, brush, wooded areas, and at the edges of rivers and lakes.

Wear a hat

Tuck in hair, if possible.

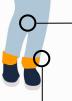


Spray exposed skin

Spray exposed skin with an EPAregistered **insect repellent.** Look for ingredients like DEET, picaridin, oil of lemon eucalyptus, or IR3535.

Use a lasting treatment

Purchase pretreated items such as socks, belts, and hats. Spray boots, shoes, clothes, and sleeping bags, tents and gear with **permethrin,** and follow bottle directions.



Dress in light colors

It is easier to **look for ticks** on light colors.

Seal Your Pants and Sleeves

Use **tick gaiters,** long sleeve shirts, and pants.

When you can:

Shake off tablecloths, blankets, and outerwear before bringing them into your camper or tent.

Check for ticks often and shower daily.



Tumble dry clothes

and sleeping bags in a dryer on high heat for 10 minutes to kill ticks.





Check for ticks everywhere, especially:

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