



Tick Disease Prevention When Camping

**PROTECT.
CHECK.
REMOVE.**

health.pa.gov/ticks

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 EPA-registered **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



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