How to Avoid Ticks

* AVOID tall grass, leaf piles, and wooded areas (or use extreme caution and frequent tick checks when you can ‘t avoid these areas). Stay in the center of walking and hiking trails.
* USE REPELLENT on skin and clothing. 20% DEET is recommended, but you may find a reliable mixture that works for you.
* WHEN CAMPING OR HIKING, or for prolonged periods outdoors, wear clothing and gear treated with permethrin.
* When walking in the woods or working outside, wear long-sleeves and long pants, and stuff your pants inside your socks. Wear light tan clothing so you can see the ticks more easily.
* Wear a broad-brimmed hat when walking under trees.
* Shower or bathe when you return indoors to wash off ticks that haven’t yet attached.
* Check yourself thoroughly with a hand mirror. Make sure you check hard-to-reach areas (hard-to-reach areas such as underarms, behind the ears, inside the belly button, behind the knees, and in the groin areas. If necessary, get help checking your back. A lice comb can help check long hair.
* Dry clothes on high heat for 10 minutes to kill ticks.
* Check pets, clothing, and equipment that have been outdoors for crawling tricks when they come indoors. A hand-held lint roller can pick ticks off a pet’s fur.
* Regularly mow or trim your lawn to avoid tall grass. Rake leaves.
* Place a 3-foot wide barrier of gravel or woodchips between the lawn and wooded area. Try to maintain a 9-foot barrier between the wood chips and areas such as the patio, garden, and play areas.
* Try to plant crops that deer don’t like or erect an 8-foot fence to keep deer out.
* If you use chemical pesticides, spray your yard with acaricides or tick pesticides to help reduce the number of ticks. Alternatively, tuck permethrin-treated cotton wads into the crevices of rock walls where mice might nest, but out of the way of pests.

A list compiled by the CDC; CT Agricultural Experiment Station; Patricia DeLaMora of Weill Cornell Medicine, Manhattan, NY; and Jorge Parada of Loyola University Medical Center, Maywood, IL. List supplied by Jane Anderson