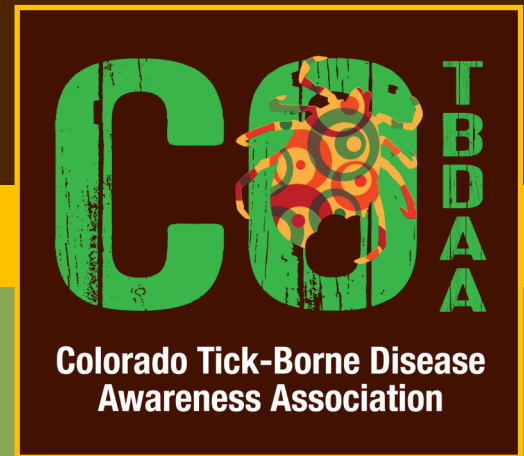


# Colorado Tick Check!

[www.coloradoticks.org](http://www.coloradoticks.org)



## Tick Disease Prevention



### Why?

Just **ONE** bite can change a life! Ticks are capable of transmitting over 20 pathogens and other substances that can cause illness, including Lyme disease, in the United States alone. The best way to avoid tick-borne diseases is to **PREVENT** a tick bite!



### Prevention Tac-“Ticks”

- Wear Permethrin treated clothing, boots and gear.
- Use repellants on exposed skin effective against ticks (DEET, Picaridin, IR3535 or Lemon Eucalyptus oil).
- Wear light-colored clothing to spot ticks more easily.
- Tuck pants into shoes & shirt into pants.
- Stay to the center of hiking trails.
- Avoid tall grass and brushy areas.



### Do a Tick Check!

- Perform frequent and thorough tick checks when spending time outdoors. Check hairline, inside & around ears, armpits, groin, behind knees, belly button, and between toes. Check kids, pets, gear & clothing too!
- Place outdoor exposed clothing directly into dryer on high heat for 10-20 minutes to kill ticks that may be clinging to fabric.
- Shower as soon as you come inside after spending time in tick habitat.



### Proper Tick Removal

- Remove ticks promptly! The sooner a tick is removed the less chance of disease transmission.
- Use fine tipped tweezers (not blunt) and firmly grasp the tick as close to the skin as possible. With a steady motion, pull straight up.
- **DO NOT** use fingers! **DO NOT** twist, crush, heat or place **ANY** substance on the tick! These methods can increase risk of disease transmission.
- Save the tick for identification and testing!
- Thoroughly wash and disinfect your hands, bite area, and tweezers.

*\*It is recommended that an individual consult with a medical care provider after a known or suspected tick bite. Initial symptoms of many tick-borne infections may be mild to severe flu-like illness which may include: fever, chills, sweats, headache, nausea, vomiting, muscle or joint pain, fatigue and/or variable rashes.*

