

Ticks are out in MASS:

Ticks are everywhere and can carry diseases like Lyme disease that can make you, your family, or your pets very sick.



Preventing Tick Bites

- Avoid tick-infested areas such as tall grass and dense vegetation
- When possible, wear long pants, long sleeves, and socks to reduce skin exposure
- Wear light-colored clothing to see ticks easier before they attach
- Tuck pants into socks or boots
- Use repellents and carefully follow directions on the label
 - Organic alternatives (e.g., essential oils) may be effective, but for a shorter duration



Checking for Ticks

- Do a thorough body check if you have spent some time outdoors
- Check yourself, your children, and your pets often for ticks
- Remember to check under arms, behind the knees, inside the belly button, and in hair
- To find and wash off ticks that may be crawling on you, bathe or shower within two hours after being where ticks live to find and wash off ticks that may be crawling on you



Removing Ticks

- Carefully remove ticks as soon as possible - disease risk is reduced if removed within 36 hours of bite
- Use fine-tipped tweezers to grasp tick near the mouth parts, as close to skin as possible
- Pull tick in a steady, upward motion away from skin. Do not twist or jerk the tick
- Disinfect site with soap and water, rubbing alcohol or hydrogen peroxide
- Save the tick in a sandwich bag or jar. Record date & location of bite. If rash or flu-like symptoms appear, contact you healthcare provider immediately

For more information go to www.mass.gov/MosquitoesAndTicks

