

Tick Bite Prevention Advice from AppalachianTrail.com

To reduce your chance of getting a tick-bite:

- Avoid tick infested areas, when possible. Avoid short-cuts through heavily wooded, tick-infested areas. Use caution when you are entering tick-infested areas. Stay in the center of paths, avoid sitting on the ground, and conduct frequent tick-checks.
- Dress properly. Wear light-colored clothing. This allows you to more easily see ticks on your clothing and gives you the opportunity to remove them before they can attach to your skin and feed.
- Wear a long-sleeved shirt and long pants. This reduces the skin area exposed to ticks. Also, tuck your shirt into your pants and pants into your socks. This keeps the ticks on the outside of your clothing and thwarts their efforts to crawl onto your skin. During warm or hot weather, this is not practical. So, increase your vigilance in conducting tick-checks.
- Use EPA-approved tick repellents. During the summer months, it can be inconvenient to wear pants and long-sleeved clothing, so using repellents can help protect yourself from ticks. Wash off the repellents when you return inside, and children should always have an adult apply the repellent for them.
- Conduct frequent tick-checks. This includes a visual inspection of the clothing and exposed skin, followed by a naked, full-body examination in a private location. Be sure to check the scalp, behind and in the ears, and behind any joints.
- Remember to check your pets too! This is not only for your pets' safety but for your family's as well. Pets can bring ticks in from outside and put you and your family at risk for infection