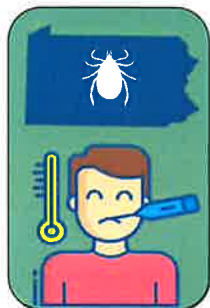


More About Ticks and Tickborne Diseases



Ticks found in Pennsylvania may carry germs that can make people sick.

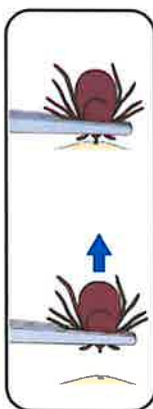
The most common illness caused by tick bites is Lyme disease. Not all ticks can make you sick. Ticks must be attached for at least 24 hours to give you Lyme disease.

How to Remove a Tick

1. Grasp tick **close to the skin** with tweezers.
2. Pull the tick **straight up**.
3. **Contain tick** by placing it in a plastic bag or tape.
4. **Wash bite area** well with soap and water.

DO NOT!

- ✗ Cover the tick with petroleum jelly
- ✗ Use a match or fire to remove
- ✗ Wait for the tick to fall off



Where to Check Yourself for Ticks

IN AND AROUND
THE EARS

IN AND AROUND
THE HAIR

UNDER
THE ARMS

INSIDE THE
BELLY BUTTON

AROUND
THE WAIST

BETWEEN
THE LEGS

BACK OF
THE KNEES

AROUND
THE ANKLES



Year-round prevention is the best defense against tickborne diseases.



Treat shoes, gear, and clothing with **0.5% permethrin**.



Use **insect repellents** that contain DEET, picaridin, IR3535, or oil of lemon eucalyptus.



- **Check for ticks** all over your body.
- **Help** young children with tick checks.
- **Look closely**, ticks can be very small.
- If you find a tick, **remove it** immediately.
- If possible, **shower** after spending time outdoors to help rinse off ticks that may be crawling.



Lyme disease and most other tickborne diseases **can be treated** with antibiotics.