



# Northeast Public Power Association Safety Corner

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## Be TICK Aware

Tick bite prevention is a critical first step to prevent Lyme disease and/or other tick-borne illnesses. Each year, ticks are becoming more active beyond tick season (spring to late summer/fall). They are also expanding their geographical footprint. Lyme disease cases are increasing. You can be bitten by a tick in your own backyard. Be proactive – practice effective tick bite prevention habits to prevent Lyme disease and other tick-borne illnesses. Make these habits a part of your daily routine.



## 5 Easy Steps to Prevent a Tick Bite

1. **Avoid areas where ticks live.** Ticks thrive in places like wood piles, leaf litter, long grass, beach grass, bushy areas, stone walls, and perimeters where the lawn meet the woods.
2. **Wear light-colored clothes** to spot ticks more easily; long-sleeved shirt tucked in at the waist, long pants tucked into high socks, closed-toe shoes, and a hat with your hair tucked in, if possible. Do not walk in tall grass barefoot or in open sandals, even if it's a shortcut
3. **Apply EPA-approved tick repellent** (such as picaridin or DEET) to skin and insecticide (such as permethrin) to clothing, and shoes as directed.
4. **Remove clothing upon entering the home;** toss into the dryer at high temperature for 10-15 minutes to kill live ticks. Putting them in the washer, will not.
5. **Examine yourself and your pets for ticks daily.** Feel for bumps paying close attention to the back of knees, groin, armpits, in and behind the ears, belly button, and scalp. Check everywhere-ticks love to hide where the sun don't shine.

## What to Do If You Find An Attached Tick

As hard as it may seem, don't panic. Follow these steps to remove an attached tick. Step 1. Remove the tick properly [VIDEO](#) Step 2. Get your tick tested. [LABS](#) Step 3. Treat and monitor your bite site closely [TREATMENT](#) Step 4. Consult with your doctor as soon as you experience any symptoms [SYMPTOMS](#) Step 5. Trust your symptoms, not the test. If you need help connecting with a Lyme treating physician, Global Lyme Alliance can help.



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