



Check for Ticks

Don't spoil your outdoor fun - take these simple precautions to keep ticks off your body.

1.

AVOID TICK INFESTED AREAS!

Walk in the center of trails to avoid overhanging grass and brush.

2.

DRESS PROPERLY!

Wearing light-colored clothing makes ticks easier to spot.

3.

APPLY INSECT REPELLENT!

Apply insect repellents containing 20 percent DEET as directed on the label. Pre-treat clothing, boots, and gear with permethrin.

4.

DO TICK CHECKS!

Examine clothing and skin frequently for ticks. Do a thorough body check for ticks after spending time outdoors. Examine pets for ticks.

5.

CAREFULLY REMOVE ATTACHED TICKS IMMEDIATELY!

If you develop a fever within several weeks of removing a tick, see your doctor.

Tick Removal



Prompt removal of ticks can help prevent disease. Your goal is to remove the tick as quickly as possible—not waiting for it to detach.

TAKE THESE STEPS TO REMOVE A TICK:

- 1.** Using tweezers, grasp tick near the mouthparts, as close to skin as possible.
- 2.** Pull tick firmly, straight out, away from skin. Do not jerk or twist the tick.
- 3.** Do NOT use alcohol, matches, or petroleum jelly to remove tick.
- 4.** Wash your hands and the bite site with soap and water after the tick is removed. Apply an antiseptic to the bite site.
- 5.** Tell your doctor you had a tick bite if you develop symptoms such as fever, headache, or body aches.

For more information visit the Department of Health and Senior Services at www.health.mo.gov/ticks or contact your local health department.

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