

## Tick Safety Checklist

### Before You Go

- [ ] Wear light-colored clothing to spot ticks easily
- [ ] Tuck pants into socks or boots
- [ ] Wear a hat and long sleeves when possible
- [ ] Spray boots and gear with permethrin before hiking
- [ ] Apply EPA-approved insect repellent (DEET, picaridin, etc.)
- [ ] Stay in the center of trails; avoid brushing tall grass

### After Your Hike

- [ ] Shower within 2 hours of being outdoors
- [ ] Do a full-body tick check (especially behind knees, waist, ears)
- [ ] Check pets carefully--ears, paws, under collar
- [ ] Wash and dry clothes on high heat

### If You Find a Tick

- [ ] Use clean tweezers to grasp tick close to skin
- [ ] Pull upward slowly and steadily--no twisting
- [ ] Clean bite area with soap and antiseptic
- [ ] Watch for rash or flu-like symptoms for 7-10 days