

# MyOutdoorJoy

## 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