

TICK BITE PREVENTION

There are many diseases that can be spread by ticks in Wisconsin. Anaplasmosis, babesiosis, ehrlichiosis, Lyme disease, and Powassan virus infection are among the diseases that can be spread by ticks. Most tickborne diseases in Wisconsin are spread by the blacklegged tick (also known as the deer tick). Preventing tick bites is the best defense against these tickborne diseases.

There are many steps you can take to “fight the bite” and prevent tick bites. The more of these actions you can take, the better!



WEAR THE RIGHT CLOTHING. Wear a long-sleeve shirt, pants, and tall socks while outdoors. Wear light-colored clothing to make ticks easier to spot.



USE BUG SPRAY. Use insect repellent with 20% or more DEET on exposed skin and clothing. The Environmental Protection Agency's helpful search tool can help you find the product that is best for you. www.epa.gov/insect-repellents/find-repellent-right-you



TREAT CLOTHES AND GEAR. Spray clothing and outdoor gear with permethrin. Don't apply directly to skin. After application, permethrin lasts through several washes.



AVOID TICK-HEAVY AREAS. Ticks like to live in tall grass and other vegetation. When walking on trails, stay in the center and do not go off into the brush.



PREVENT TICKS ON ANIMALS. Check your pets for ticks daily if they spend time outdoors and talk to a veterinarian about the best tick preventive for your pet.



PERFORM DAILY TICK CHECKS. Ticks that spread disease can be as small as a poppy seed. Check your entire body after being outside, even if you were only in your yard. Check all parts of the body carefully. Pay special attention to the armpits, scalp, groin, and areas behind the knees, in and around the ears, and inside the belly button.



TAKE A SHOWER. Take a bath or shower within two hours after coming inside. This helps you find and wash off any ticks on your body.



TUMBLE DRY CLOTHES AFTER BEING OUTDOORS. Tumble dry your clothes on **high heat** for 10 minutes to kill any ticks that may have come in on your clothes.



TICK ID SERVICE. Have you recently found or removed a tick from yourself, your child, or your pet and want to learn more about it? The Wisconsin Department of Health Services offers a fast and simple Tick ID Service based on a few questions and photographs you submit online. **Scan the QR code to get help identifying a tick.**

