



PREVENT TICK BITES



Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).

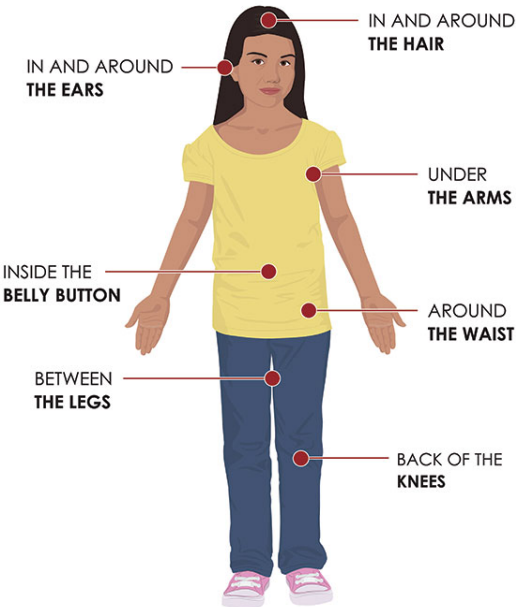
BEFORE YOU GO OUTDOORS



- Ticks live in grassy, brushy, wooded areas and even on animals. Walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.
- Treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings.
- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. Always follow product instructions. Do not use products containing OLE or PMD on children under 3 years old.
- Avoid wooded and brushy areas with high grass and leaf litter. Walk in the center of trails.

AFTER YOU COME INDOORS

- Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, including your own backyard.
- Check your clothing for ticks. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes require washing first, hot water is recommended.
- Showering within two hours of coming indoors has been shown to be effective in reducing the risk of tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.



For more information on preventing tick bites, visit:

<https://www.nj.gov/health/cd/topics/vectorborne.shtml>



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Public Health
Prevent. Promote. Protect.