

# How to Avoid Tick Bites



A tick that is infected with certain types of bacteria can bite people and cause them to become sick. You can reduce the risk of getting diseases from ticks by taking steps to avoid getting bitten by a tick.

- Avoid wooded areas with dense shrubs and leaf litter, where ticks like to hide.
- Make your yard less attractive to ticks by mowing lawns and trimming trees.
- Wear solid, light-colored clothes. This will make it easier to find a tick on your clothes.
- Tuck your pants into your socks and wear a long-sleeved shirt. This will help prevent a tick from attaching to your skin.
- Use insect repellents (bug spray) on yourself and your pets. There are two types of repellents effective for ticks. Repellents that contain DEET can be used on clothes and exposed skin. The other type of repellent contains permethrin and should **ONLY** be used on clothes. Always read and follow label directions carefully.
- Check yourself for ticks frequently when you are in tick-infested areas. Check again after returning and again before going to bed. Don't overlook some of ticks' favorite hiding places—on the scalp, behind the ears, under the arms, on the ankles, and in the groin area.