



# Preventing Ticks and Lyme Disease

## What are Ticks and Lyme disease?

Ticks live in grassy, brushy, and wooded areas. Spending any amount of time outside including camping can expose you to ticks. Anyone can be bitten by a tick here at camp, or even in your own neighborhood.

Lyme disease is spread through the bite of infected ticks. The blacklegged tick (or deer tick) is the main culprit in the northeastern US.



## Proactive Treatment

The CDC recommends that you treat your clothing with a product that contains 0.5% permethrin. This can be used to treat your clothes, shoes, and camping equipment. This chemical will remain protective through several laundry cycles. Additionally, you can buy gear pre-treated with permethrin.

We also recommend that you use a bug spray that you are comfortable with and not allergic to. It is highly recommended that this bug spray contain DEET, Picaridin, IR3535, Oil of Lemon Eucalyptus, PMD, or 2-undecanone.

Ticks are frequently found in wooded and brushy areas with tall grass or leaf litter. If you are walking through the woods, stay in the center of the trail.

## Frequent Checking

Check your body for ticks. Conduct a full-body check a couple times a day while camping. Be sure to check these parts of your body: Under your arms, in and around your ears, inside your belly button, on the back of your knees, in and around your hair, between your legs (especially near the groin), and around your waist.

Additionally showering has been shown to reduce the risk of getting Lyme disease and may help reduce the risk of other tickborne diseases. Showering can help wash off unattached ticks and is a good opportunity to do a tick check.

## Tick Removal

Use fine-tipped tweezers to grasp the tick as close to the skin as possible and pull upward with steady, even pressure. Don't twist or jerk the tick. After removing, thoroughly clean the bite and your hands with rubbing alcohol or soap and water. Never crush a tick with your fingers.

If you need help, please visit the first-aid station.

If you develop a rash or fever within several weeks of removal, see your doctor.