Protect Yourself Against Tick-Borne Illness

- Take precautions year-round. Ticks can be active anytime of year, even winter.
- Limit exposure to tick infested areas—such as tall grass and shrubby areas—especially during May, June and July.
- Walk in the center of trails to avoid overhanging grass and brush. Don’t sit or lean on logs.
- Wear light colored clothing so ticks may be spotted more easily.
- Wear long pants and tuck pant legs into socks (tape this area so ticks cannot crawl under clothing). Wear long-sleeved shirt, tucked into pants. Wear a hat for added protection.
- Use an insect repellent with 20-30% DEET on exposed skin and clothing. Or, treat clothing (not skin)—especially pants, socks and shoes—with permethrin. **Use these products with caution. Read and follow manufacturer’s label.**
- After being outdoors, remove clothing and wash/dry at high temperature.
- Inspect yourself carefully for ticks during and after being outdoors.
- Inspect your dogs for ticks. Dogs can also get Lyme Disease and other tick-borne illnesses. (Ask your veterinarian how to protect your pet.)
- Shower within two hours of being outdoors to help rid your body of ticks.
- Carefully remove any attached ticks. The more quickly you remove them, the less likely they can transmit disease. In most cases, blacklegged ticks must feed for a minimum of 24 hours before they can transmit Lyme disease.

### Comparison of NJ’s Three Major Tick Species

- *Ixodes scapularis* (Blacklegged or Deer Tick)
- *Amblyomma americanum* (Lone Star Tick)
- *Dermacentor variabilis* (American Dog Tick)

**Ticks to the left enlarged to show detail. Ticks to the right represent actual size.**

### Additional Information:
Not all ticks are infected. On average 20-40% of blacklegged ticks are able to transmit diseases. Once removed, attached ticks can be saved for later identification and testing.

### For More Information:
Monmouth County Mosquito Control Division
Tick-borne Diseases Program
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732-542-3630
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www.visitmonmouth.com/mosquito/tick.html

May 2017