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.

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

| *Ixodes scapularis*  
| Female  
| Male  
| Nymph  |

| *Amblyomma americanum*  
| (Lone Star Tick)  
| Female  
| Male  
| Nymph  |

| *Dermacentor variabilis*  
| (American Dog Tick)  
| Female  
| Male  
| Nymph  |

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

**Additional Information:**
Once removed, attached ticks can be saved for later identification and testing.
Read more about preventing tick bites at [www.cdc.gov/ticks](http://www.cdc.gov/ticks).

**For More Information:**
Monmouth County Mosquito Control Division
Tick-borne Diseases Program
1901 Wayside Road, Tinton Falls NJ 07724
732-542-3630
Email: ticks@co.monmouth.nj.us
[www.visitmonmouth.com/mosquito/tick.html](http://www.visitmonmouth.com/mosquito/tick.html)

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