

# DON'T LET TICKS HIKE WITH YOU!

Ticks are most active in spring and summer, and wooded or grassy trails are prime spots to pick one up. Here's how to protect yourself before, during, and after your hike:



## Before You Go

- Wear light-colored clothing so ticks are easier to spot
- Tuck your pants into your socks and wear long sleeves when possible
- Apply EPA-registered insect repellent containing DEET, picaridin, Oil of Lemon Eucalyptus or IR3535



## On the Trail

- Stay in the center of the path — avoid brushing against tall grass and shrubs
- Do a quick tick check on your clothing and gear periodically

## After Your Hike

- Do a full-body tick check as soon as you get home — pay special attention to the scalp, behind the ears, underarms, and behind the knees
- Shower within two hours of coming indoors
- Toss your clothes in the dryer on high heat for 10 minutes to kill any hidden ticks

## FOUND A TICK?



Remove it promptly with fine-tipped tweezers, pulling straight up with steady pressure. Clean the area with rubbing alcohol. Monitor the bite site for a rash or flu-like symptoms in the weeks following, and contact your healthcare provider if any develop.

For more information, visit: [cdc.gov/ticks/prevention/index.html](https://www.cdc.gov/ticks/prevention/index.html)



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