



Tick Disease Prevention On Trails

**PROTECT.
CHECK.
REMOVE.**

[Health.pa.gov/ticks](https://health.pa.gov/ticks)

Ticks are active in all seasons.

Ticks live in grasses, brush, or wooded areas, including along the edges of trails. **Stay in the middle of trails**, and avoid sitting on logs and leaning on trees.

Wear a hat

Tuck in hair, if possible.

Spray exposed skin

Spray exposed skin with an EPA-registered **insect repellent**. Look for ingredients like DEET, picaridin, oil of lemon eucalyptus, or IR3535.

Dress in light colors

It is easier to **look for ticks** on light colored fabrics.

Use a lasting treatment

Purchase pretreated items such as socks, and spray boots, shoes, clothes, and gear with **permethrin**, following bottle directions.

Seal your pants and sleeves

Use arm gaiters if you will be putting your arms in shrubs or brush, and **tick gaiters** for your boots or shoes.

After Your Hike:

Closely check gear and clothing for ticks.

Shower and use a mirror to check your body for ticks.

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks.

Check for ticks everywhere, especially:

In and around your hair and ears
Under your arms
Around your waist
Inside your belly button
Back of your knees
Between your legs



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