



Ticks live near outdoor events.

Ticks can live in grasses, brush or wooded areas including landscaped areas. Stay in the middle of walkways and avoid sitting on logs and leaning on trees. Keep in mind that only **deer ticks** can transmit Lyme disease in the Northeast region of the United States.



Wear a hat

Tuck in hair if possible.

Spray exposed skin

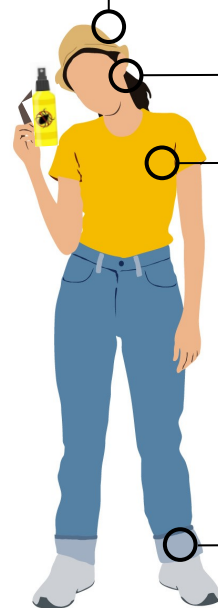
Spray exposed skin with an EPA-registered **insect repellent**. Look for ingredients like DEET, picaridin, oil of lemon eucalyptus, or IR3535.

Dress in light colors

It is easier to **look for ticks** on light colors.

Use a lasting treatment

Purchase pretreated items such as socks, belts and hats. Spray shoes, clothes, and gear (especially mats used to sit on) with **permethrin**, and follow bottle directions.



Tick Disease Prevention at Outdoor Events

**PROTECT.
CHECK.
REMOVE.**

health.pa.gov/ticks

No matter what precautions you take, always check for ticks after returning indoors:

Shake off outerwear, blankets, and gear outdoors.

Shower and use a mirror to check your body for ticks. Especially look in and around your hair and ears, under arms, around waist, inside belly button, back of knees, and between your legs.

Tumble dry clothes on high heat for 10 minutes to kill ticks on clothing.



Pennsylvania
Department of Health