



Tick Disease Prevention for Gardeners

**PROTECT.
CHECK.
REMOVE.**

health.pa.gov/ticks

Ticks can live where you cultivate, plant, and harvest.

Ticks live in grasses, brush, or wooded areas. Only deer ticks can transmit Lyme disease in the Northeast region of the United States.

Daily tick bite prevention

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

Use a lasting treatment

Treat your clothing, boots, shoes, apron, vests, gloves, and gear with **permethrin**, and follow bottle directions.

Seal your pants and sleeves

Use arm gaiters and gloves when putting arms in shrubs or weeds, and **leg gaiters** to protect from ticks crawling into your boots or shoes.



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Ticks can live in orchards.

After Work:

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



Pennsylvania
Department of Health