



Tick Disease Prevention for Hunters and Fishers

**PROTECT.  
CHECK.  
REMOVE.**

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

## Ticks are active in every season.

Ticks can be out any time it's above freezing. They live in grasses, brush, or wooded areas including at the edge of rivers and lakes. 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.

### Use a Lasting Treatment

Purchase pretreated items such as belts and socks and spray boots, clothes, seats, and gear with **permethrin**, and follow bottle directions.

### Seal Your Pants and Sleeves

Use **tick gaiters**, wear long pants tucked into high socks, or duct tape around pants and sleeves.

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

**Shake off tents, gear, and outerwear outdoors.**

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

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



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Department of Health