



Ticks are active in every season.

Ticks live in the woods, in grasses or brush, and at the edges of rivers and lakes, and even in landscaped areas like the rough on golf courses.

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 **check for ticks** on light colors.

Use a lasting treatment

Purchase pretreated items such as socks, belts, and hats. Spray shoes, clothes, and gear with **permethrin**, and follow bottle directions.

Seal your pants and sleeves

Tuck long pants into high socks or duct tape around pants and sleeves.

Tick Disease Prevention for Outdoor Fitness

PROTECT. CHECK. REMOVE.

health.pa.gov/ticks

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

Shake off portable seats, mats, or gear outdoors.

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

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 your belly button, back of knees, and between your legs.



Pennsylvania
Department of Health