



Tick Disease Prevention for Outdoor Workers

**PROTECT.
CHECK.
REMOVE.**

health.pa.gov/ticks

Ticks can live where you work.

Ticks live in grasses, brush, or wooded areas including landscaped areas.

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, vests, boots, shoes, gloves and gear with **permethrin**, and follow bottle directions.

Layer your protection

Think about using **tick gaiters** over boots or **socks pretreated with permethrin**.

After Work:

Closely check gear and clothing for ticks.

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

Tumble dry clothes 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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Ticks prefer shade.
Check for ticks after taking breaks outside.



Pennsylvania
Department of Health

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