

Tips and tricks to be safe from ticks

Summer fun means lots of outdoor time. But bug bites can put an itchy, possibly dangerous end to a good time. Ticks carry diseases and can be found in the woods or in your own backyard. If you prepare before heading out, you can prevent ticks from biting. You and your family will have fun while being safe, all summer long.



Photo by Fstop123, tick by Chananan, courtesy iStockphoto

Quick facts on ticks:

1 Ticks themselves are not dangerous. However, they carry dangerous diseases, including Lyme disease. It can cause headaches, arthritis and even swelling in the brain and spinal cord.



2 The diseases that ticks carry are especially dangerous for babies and seniors. People with weak immune systems are also at high risk.

3 Ticks that carry Lyme disease are found in the Midwest and eastern U.S. To prevent tick bites, wear long sleeves and pants. Wear closed-toed shoes. Treat your clothes with permethrin, a chemical that repels ticks.

4 Use a spray that includes DEET, picaridin or IR3535. Spray your exposed skin from neck down. Spray your hands, and pat the product onto your face.

5 Check yourself and your family for ticks after going outside. Wash and dry your clothes to kill any ticks stuck to fabric. If you find a tick, pull it off your skin with tweezers, then wash the area.



>> For more information on ticks, visit www.cdc.gov/ticks

HOW CAN WELLNESS@WORK HELP?

Have an insect bite that has you worried? Visit the W@W staff for evaluation & management. Schedule an appointment through the W@W portal, come during Walk-In Hours or call 919-968-2796.

