



TICK SAFETY

Ticks live in grassy, brushy wooded areas and even on animals. Spending time outside walking your dog, camping, gardening or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.

After You Come Indoors

- Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing. If clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.
- Ticks can ride into the home on clothing and pets, and then attach to a person.
- Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases.
- Conduct a full body check upon return from potentially tick-infested areas, including your own backyard.

Outdoors

You can make your yard less attractive to ticks depending on how you landscape.

- Clear tall grasses and brush around homes and at the edge of lawns.
- Place a three feet wide barrier of wood chips or gravel between lawns, wooded areas, around patios and play equipment to restrict tick migration into recreational areas.
- Mow the lawn frequently and keep leaves raked.
- Stack wood neatly in a dry area.
- Keep playground equipment, decks and patios away from yard edges and trees. Place them in a sunny location, if possible.
- Remove any old furniture, mattresses or trash from the yard that may give ticks a place to hide.

Pets

Dogs are very susceptible to tick bites and tickborne diseases. Vaccines are not available for most of the tickborne diseases and they do not keep the dogs from bringing ticks into your home. For these reasons, it's important to use a tick preventive product on your dog.

Signs of tickborne disease may not appear for 7-21 days or longer after a tick bite. Watch your dog closely for changes in behavior or appetite if you suspect that your pet has been bitten by a tick.

To further reduce the chances that a tick bite will make your dog sick:

- Check your pets for ticks daily, especially after they spend time outdoors.
- If you find a tick on your pet, remove it right away.

This information is intended for general educational and informational purposes only. If you are seeking specialized clinical information relating to this subject, please consult with a physician or other licensed healthcare practitioner for additional guidance specific to your medical history and condition. This is not intended to serve as medical advice.

Sources: cdc.org; odh.ohio.gov



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MOSQUITO BITE PREVENTION

Many of us like to enjoy the outdoors, but with that, comes the chance of getting bitten by pesky mosquitos. Use this information to prevent yourself from getting bitten.

Types of Insect Repellent

Use Environmental Protection Agency (EPA)-registered insect repellents with one of the active ingredients below. EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

- DEET
- Picaridin (known as KBR 3023 and icaridin outside the US)
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone

Tips for Babies and Children

- Dress your child in clothing that covers arms and legs.
- Cover strollers and baby carriers with mosquito netting.
- Adults should spray insect repellent onto their hands and then apply to a child's face.
- When using insect repellent on your child:
 - > Always follow label instructions.
 - > Do not apply repellent to a child's hands, eyes, mouth or cuts.
 - > Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.

Tips for Everyone

- Always follow the product label instructions.
- Reapply insect repellent as directed.
 - > Do not spray repellent on the skin under clothing.
 - > If you are also using sunscreen, apply sunscreen first and insect repellent second.

Natural Insect Repellents (repellents not registered with EPA)

- We do not know the effectiveness of non-EPA registered insect repellents, including some natural repellents.
- To protect yourself against diseases spread by mosquitoes, CDC and EPA recommend using an EPA-registered insect repellent.
- Choosing an EPA-registered repellent ensures the EPA has evaluated the product for effectiveness.

Best Clothing to Protect Yourself from Mosquito Bites

Wearing the appropriate clothing is always a good way to protect yourself from annoying mosquito bites.

- Wear long sleeved shirts and long pants.
- Treat items, including boots, pants, socks and tents with 0.5% permethrin or purchase permethrin-treated clothes and gears.
 - > Permethrin is an insecticide that kills or repels mosquitoes.
 - > Permethrin-treated clothing provides protection after multiple washings. Read product information to find out how long the protection will last.
 - > If treating items yourself, follow the product instructions.
 - > Do not use permethrin products directly on skin.

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