

5 Ways to Avoid Ticks



1 Keep off the **grass!**

Stay on the asphalt or pavement. Walk in the center of the path, avoid tall grass, or avoid the woods all together.

2 Tick checks **twice** a day.

Do a thorough check at night, and then again the following morning. Check the kids and your pets, too. And check for ticks all year long, Ticks are often alive and well after the first frost.



3 Tuck & cover.

Tuck your pants into your socks and spray your skin and clothing with repellent. (Preferably ones with DEET, permethrin or picaridin.) Most ticks get access to you on your shoes and socks, so don't forget to spray them, too. Spray shoes outdoors with permethrin on the first of the month during tick season (April through August).

4 No pets in the **bed**. Ever!

You love your cats and your dogs. So do ticks. So don't sleep with your pets, don't even invite them up on the couch. They'll forgive you (especially if you give them treats).



5 Dry your clothes, **before** you wash them!

When you come in from the outdoors, put your clothes in the dryer on high heat for 15 minutes. Don't wash them first! Ticks survive, and even thrive, in a water bath.

Get the facts about ticks. Protect yourself and your family!

Regional Tick-Borne Disease
Resource Center
Visit EastEndTickResource.org
or call our help line at (631) 726-TICK.



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