

## SIERRA COUNTY Health and Human Services

### Social Services

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530-993-6720  
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### Downieville, California

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### Mental Health/Drug/Alcohol

P.O. Box 265  
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530-993-6746  
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### Health Department

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## For Immediate Release June 15, 2016 –Prevent Tick Bites

Summer season brings an increase in activities like gardening, camping, hiking, and playing outdoors. When enjoying these activities, don't forget to take steps to prevent bites from ticks that share the outdoors. Ticks can infect humans with bacteria, viruses, and parasites that can cause serious illness.

### Before You Go Outdoors

- Know where to expect ticks. Ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through leaf litter or near shrubs. Always walk in the center of trails in order to avoid contact with ticks.
- Products containing permethrin kill ticks. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings.
- Use a repellent with DEET on skin. Repellents containing 20% or more DEET (N, N-diethyl-m-toluamide) can protect up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding the hands, eyes, and mouth. For detailed information about using DEET on children, see recommendations from the [American Academy of Pediatrics](#).
- For detailed information about tick prevention and control, see [Avoiding Ticks](#). Detailed information for outdoor workers can be found at NIOSH Safety and Health Topic: [Tick-borne Diseases](#) at <https://www.cdc.gov/>

### After You Come Indoors

**Check your clothing for ticks.** 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 after you come indoors. If the 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 effectively.

**Shower soon after being outdoors.** Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

**Check your body for ticks after being outdoors.** Conduct a full body check upon return from potentially tick-infested areas, which even includes your back yard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks:

- Under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- In and around the hair
- Between the legs
- Around the waist

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