

Get Ticked Off!

Washington County is a high risk area for tick-related diseases

→ What do I need to know?

- Ticks are found in warm, humid areas like tall grasses, brush, woods, and leaf litter.
- Ticks are most active from March to October.



→ Why should I be concerned?

- Deer ticks can transmit Lyme disease and other tick-related diseases.
- Early symptoms may include rash, fever, chills, headache, fatigue, muscle and joint pain.
- These diseases are easiest to treat during early stages. See your doctor if a rash or flu-like symptoms develop after a tick bite or outdoor activities.

→ How can I protect myself?

- Wear light-colored clothing, check for ticks often, and remove them right away.
- Use a repellent with 20-30% DEET and wear tick repellent clothing.
- Check your pets daily for ticks. Talk to your veterinarian about tick control products.

For more information on proper tick removal methods and other disease prevention tips:

www.co.washington.mn.us/ticks



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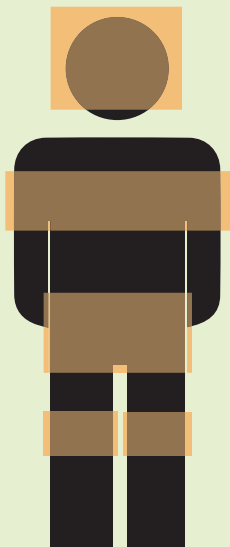
Get Ticks Off!

Check for ticks during and after outdoor activities and remove immediately.

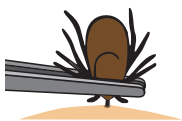
Tick Check Zones

Check your entire body, especially these areas:

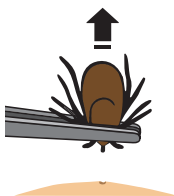
- Scalp & Ears
- Underarms
- Belly Button
- Waist & Back
- Pelvic Area
- In Between Legs
- Behind Knees



Tick Removal



- 1) Use a pointy tweezers.
- 2) Grasp tick close to the skin.



- 3) Pull tick out with a slow, steady upward motion.
- 4) Disinfect the bite area.

Tick-related diseases are preventable.

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