Ticks Picture This



Tick Tips



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What
is a tick?
Ticks are small bugs that are commonly associated with other outdoor pests such as mosquitoes and flies. But they are actually small arachnids (think spiders) that need a warm-blooded host to survive. They survive by cutting a hole through skin so they can feed on a host's blood. Some ticks can survive for many months without a host.

Why
the concern?
Ticks can transfer diseases to a host including:
- ✓ Lyme disease
- ✓ Rocky Mountain spotted fever
- ✓ Colorado tick fever
- ✓ Anaplasmosis
- ✓ Tularemia
- ✓ Ehrlichiosis
- ✓ Powassan
- ✓ Babesiosis
- ✓ Tick-borne encephalitis virus

How
do you repel ticks?
Use an insect repellent containing DEET to help prevent tick bites such as The 10 Hour Insect Repellent from Tec Labs.

Use the right amount of DEET for the hours of protection needed. A good rule of thumb is 10% DEET for every hour of exposure.

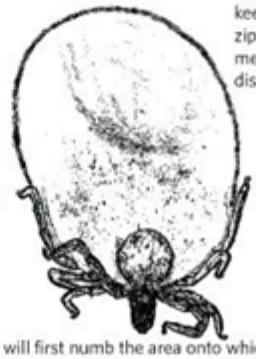
CAUTION!



Tick before & after feeding



Be careful when trying to extract a tick with tweezers. You can detach the head leaving it inside your body, which can lead to infection.



When extracting a tick, try to keep the bug intact. Place in a zip lock bag and bring to a medical professional to test for diseases carried by ticks.

Ticks prefer to hide in the long hair of animals, yet ticks are commonly found on humans. If they are hungry any warm-blooded host will do.

The tick's saliva will first numb the area onto which they latch on, making it unlikely you will notice tick bite signs until it is too late.

5 steps
to help prevent ticks from selecting you as their next host.

1. **Avoid areas where you can come in contact with ticks like thickly wooded or bushy areas with high grass.**
2. **Use insect repellent that is designed to repel ticks.**
3. **Examine your body for ticks when you come back inside. Check under arms, behind ears, in hair, inside belly button, behind knees, in between legs, and around the waist.**
4. **Take a shower within two hours of coming indoors to scrub off any ticks that may be crawling on you.**
5. **Put clothing in the dryer on high heat. This will kill any ticks on your clothing that have not attached themselves to you.**

Learn more with our Tips fo Tick Prevention under Tips and Info at Teclabs.com