



Tick Disease Prevention in Towns and Cities

**PROTECT.
CHECK.
REMOVE.**

health.pa.gov/ticks

Ticks are active in urban areas.

Ticks live in grasses, brush, or wooded areas including landscaped areas. Ticks do not die over winter and can be out any time it's above freezing. Stay in the middle of walkways and avoid sitting on logs and leaning on trees.



Only **deer ticks** can transmit Lyme disease in the Northeast region of the United States.

Spray exposed skin

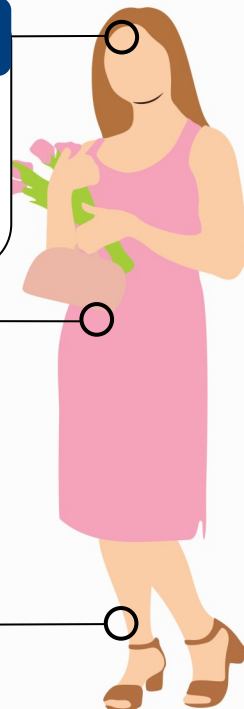
Spray exposed skin with an EPA-registered **insect repellent**. Look for ingredients like DEET, picaridin, oil of lemon eucalyptus, or IR3535.

Dress in light colors

It is easier to **check for ticks** on light colors.

Use a lasting treatment

Purchase pretreated items such as socks, and spray shoes and seats with **permethrin**. Follow bottle directions.



Soon After Being Outside:

Shake off gear outdoors.

Shower and use a mirror to check your body for ticks.

Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks.

Check for ticks everywhere, especially:

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



Pennsylvania
Department of Health