

# TICK BITE PREVENTION TIPS

1

Wear long sleeve shirt and pants

2

Spray clothes and shoes with 0.5% permethrin spray.

3

Wear white or light colored clothes to see ticks easier.

4

Wear shoes/boots instead of sandals or barefoot.

5

Tie back long hair and wear a hat.

6

Walk in the middle of the trail, away from vegetation where ticks quest.

7

Tuck shirt into pants and pants into socks or boots to help keep ticks away from skin.

8

**Perform daily tick checks.** Send us any ticks you find. Instructions at [BebopLabs.org/send-ticks](http://BebopLabs.org/send-ticks).



## Identifying Ticks

**Dog Ticks**  
(aka Wood Ticks)

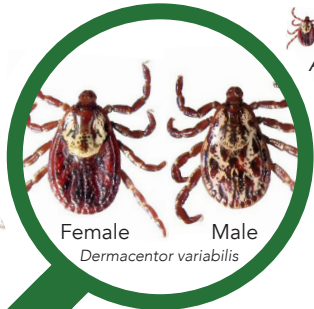
**Blacklegged Ticks**  
(aka Deer Ticks)



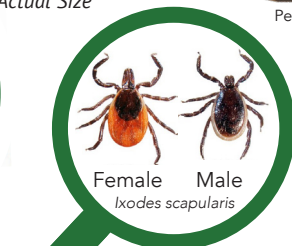
Actual Size



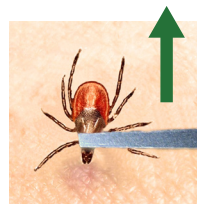
Pencil for scale



Female Male  
*Dermacentor variabilis*



Female Male  
*Ixodes scapularis*



## Removing Ticks

Use tweezers to grasp the tick as close to the skin as possible. Pull upward on the tick. Once tick is out of the body, clean bite area.

Blacklegged ticks can carry Lyme Disease in New England.



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