

## PERSONAL PROTECTION FROM TICKS

The best protection from ticks is to avoid coming in contact with them.

**Around your home, landscape management is an effective way to discourage ticks:**



- Keep grass mowed low.
- Cut back dense shrubs.
- Remove leaf piles to eliminate protection for overwintering ticks.

**Protect yourself from tick bites when camping or hiking:**



- Stay on groomed trails.
- Wear long pants and long-sleeved clothing.
- Wear light colored clothing so ticks can be easily seen.
- Tuck pants into socks or boots.



**Check for ticks!** After potential exposures, perform thorough tick checks. Check everyone in your family.



Check pets carefully, especially around the ears and eyes.

## TICK REMOVAL

- Using tweezers, grasp the tick's mouthparts as close to the skin as possible.
- Gently pull the tick straight out with steady pressure.
- **Do not** twist or jerk the tick, or try to remove by burning or applying Vaseline®, kerosene, etc., as this may cause the release of infectious tick juices.
- Apply an antiseptic to the bite area after removing tick.
- Wash your hands with soap and water.
- Save the tick for identification! Contact your local vector control district or county health department for tick identification.

For further information call: 2006-T2

ORANGE COUNTY VECTOR CONTROL DISTRICT  
13001 Garden Grove Boulevard, Garden Grove, CA 92843

(714) 971-2421 • (949) 654-2421  
Please Visit Our Web Site [www.ocvcd.org](http://www.ocvcd.org)

# FACTS ABOUT TICKS

