

# Tick safety

Lyme Disease is not common in North Dakota. It is much more common in Minnesota and Wisconsin.

Ticks live on animals or in wooded, grassy, leafy, or brushy areas.

Ticks are small and brown. They attach to the skin and feed for 3 to 6 days before falling off.

After the tick falls off, it may leave a red bump behind.

A tick needs to be attached for at least 48 hours to transmit Lyme disease.

A bulls-eye rash often appears 7 days after a tick bite if you have Lyme disease.

Carefully check clothing, pets, and gear for ticks. Then tumble dry the clothes in the dryer on high heat for 10 minutes. This will kill the ticks.

Shower within 2 hours to wash off loose ticks and allow for a proper tick check.

## How to remove a tick

Use a clean, fine-tipped tweezer to grasp the tick as close to the skin's surface as you can.

Pull upward with steady, even pressure. Don't twist or jerk the tick. This can cause the mouth parts to break off and stay in your skin.

If this happens, remove the mouth parts with tweezers. If you cannot remove the mouth parts easily with tweezers, leave it alone and let the skin heal.

After you remove the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.

Never crush a tick with your fingers. To get rid of a live tick:

- Put it in alcohol.
- Place it in a sealed bag or container.
- Wrap it tightly in tape.
- Flush it down the toilet.



## Insect repellents

Use insect repellent that contains:

- DEET
- Picaridin
- IR3535
- Oil of lemon eucalyptus (OLE)
- Para-menthane-diol (PMD)
- 2-undecanone.

Use DEET 30% for 6 hours of protection.  
Use 10% if you need 2 hours of protection.

Do not use Oil of lemon eucalyptus (OLE) or Para-menthane-diol (PMD) on children under 3.

Do not put repellent on children's hands, eyes, mouths, sunburn, rashes, or cuts. Spray it into your hands and put it on their face.

Mosquitos can bite through clothes, but ticks cannot. You do not need repellent against ticks on skin that is covered by clothing.

0.5% Permethrin on clothes and gear can repel mosquitos and ticks, even after several washings. Do not put it on your skin.

Use insect repellent after sunscreen. Do not use a combination of sunscreen and insect repellent. Combined products can increase how much repellent your skin absorbs.