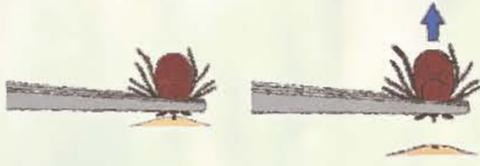


# Tick Removal

Prompt removal of any attached tick that you find may help prevent infection.

- Use fine-tipped tweezers or shield your fingers with a tissue, paper towel or rubber gloves, when removing the tick; otherwise infectious agents may enter through mucous membranes or breaks in the skin.



- Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure.
- Do not twist or jerk the tick; this may cause the mouthparts to break off and remain in the skin.
- Do not squeeze, crush or puncture the tick body, because its fluids may contain infectious organisms.
- Do not use nail polish, petroleum jelly, alcohol or heat to remove the tick.
- After removing the tick, thoroughly disinfect the bite site and wash your hands with soap and water.
- Seal the tick in a labeled plastic bag with name, date, address, and phone number, store it in the freezer and bring it to the Health Department, 10777 Main St, Suite 100, Fairfax VA, 22030.

# Preventing Tick-Borne Disease

Preventing tick-borne disease is as easy as:

## 1 DRESSING APPROPRIATELY

- Wear light-colored clothing so that ticks are easier to see and remove.
- Tuck pant legs into socks; tuck shirt into pants.

## 2 CONDUCTING FREQUENT TICK CHECKS

- On yourself, your children and your pets.
- Check for ticks after all outdoor activities.

## 3 USING TICK REPELLENT

- Apply 30% DEET (or other effective tick repellent) to exposed skin.
- Pre-treat (or purchase) clothes treated with 0.5% permethrin, an insecticide that both kills and repels ticks.
- Always follow directions on the label when using repellents and insecticides.

**DOGS CAN GET SICK AS WELL.** Don't forget to ask your veterinarian about tick control methods for your pets.

Fairfax County Health Department  
Division of Environmental Health  
Disease Carrying Insects Program

703-246-2300  
TTY 703-591-6435  
fightthebite@fairfaxcounty.gov  
www.fairfaxcounty.gov/fightthebite  
This information is available in alternative formats.



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Photos Courtesy of James Gathany (CDC),  
CDC Image Library, and Texas A&M University

# Ticks and Tick-Borne Diseases in Fairfax County

Revised Edition



Fairfax County Health Department  
703.246.2300 | TTY 703.591.6435  
fightthebite@fairfaxcounty.gov

# Your Children and DEET

Everyone, especially children, likes to spend time outdoors. It's a good idea to protect yourself and your family from disease-carrying insects.

The Fairfax County Health Department recommends wearing DEET and the American Academy of Pediatrics Committee on Environmental Health has reported that products containing up to 30% DEET are safe to use on anyone over two months of age.

Parents should choose the type and concentration of repellent to be used on their children based on the amount of time the child will be outdoors.

### Apply DEET to Your Children



Photo Courtesy of R. Castañeda

### DEET

Repels Mosquitoes	Yes
Repels Ticks	Yes
Hours of Protection (25% formula)	5
Use in Children	Over 2 months
CDC Recommended	Yes

### Protect use repellents containing DEET

DEET Concentration	Hours of Protection
23.8%	About 5 hours
20%	About 4 hours
6.65%	About 2 hours

DEET-based repellents have provided effective, dependable protection since the 1950s. They are available in various concentrations and their length of effectiveness is usually related to concentration. These products are available as aerosols, pump sprays or wipes. DEET is the most effective and best studied repellent available.

# Reduce the Number of Ticks in Your Yard

### PRACTICE TICK-SAFE LANDSCAPING

- Ticks need high humidity levels to survive.
- Create a sunny and dry area where ticks cannot survive:
  - Remove leaf litter and clear tall grass and brush around houses and at the edges of lawns.
  - Lay down wood chips or gravel between lawns/recreational areas and wooded areas.
  - Keep playground equipment, decks and patios away from yard edges and trees.

### USE CHEMICAL CONTROL

- Use permethrin to effectively control ticks in your yard.
  - Make the first application between late March and early May.
  - Reapply as often as needed according to the label.
  - Applying a permethrin barrier spray to your yard will provide temporary relief from ticks.
  - Permethrin is an insecticide that kills ticks.
  - Permethrin has low human toxicity and is readily available in garden centers and hardware stores.
  - When looking for permethrin products, make sure to check the labeling—permethrin is the name of the active ingredient, not the product brand name.
  - Apply permethrin to ivy, shrubs, trees, grasses and to other plants.
  - Permethrin will not harm your garden plants.
  - Always read and follow the label instructions before applying insecticides.

### DISCOURAGE DEER

- Deer bring ticks into your yard.
  - Remove plants that attract deer.
  - Plant deer-resistant shrubs and plants.
- Build a fence to keep deer out.
  - Deer can jump up to 8 feet.
  - Deer will not jump over a fence they can't see through.

### Applying Permethrin to Vegetation and Grass



For more information on other ticks and tick-borne diseases in Fairfax County, please visit our Web site [www.fairfaxcounty.gov/fightthebite](http://www.fairfaxcounty.gov/fightthebite).