



Tick Safety



What are Ticks?

Ticks are small arachnids that attach to skin and feed on blood, commonly found in:

- Tall grass
- Bushy or wooded areas
- Leaf litter and animal habitats

Ticks can transmit serious diseases such as:

- **Lyme disease (476,000)***
- **Rocky Mountain Spotted Fever (6,000)***
- **Anaplasmosis (5,000)***
- **Tularemia (2,500)***
- **Alpha-Gal Syndrome (450,000)***

Why Tick Safety Matters

- Tick bites often go unnoticed.
- Symptoms of tick-borne illnesses may appear days or weeks later.
- Early detection and removal are key to preventing infection.

* Cases reported nationally

Safety Precautions

- **Wear protective clothing:** Long sleeves, pants tucked into boots/socks, and light-colored fabrics to spot ticks easily.
- **Use EPA-approved repellents:** DEET, picaridin, or permethrin-treated gear.
- **Avoid tick habitats:** Stay on clear paths and avoid brushing against vegetation.
- **Conduct regular tick checks:** Inspect skin, scalp, and clothing during and after outdoor work.
- **Shower after work:** Helps remove ticks before they attach.

(Removing ticks within 24 hours significantly reduces the risk of being infected with Lyme disease)



Ticks are small but dangerous. Staying alert, dressing properly, and checking yourself can prevent serious health issues. Let's stay safe and tick-aware every time we work outdoors.