



Know Before You Go

Preparing to Visit a National Forest

Ticks

Weather conditions seem to have the greatest effect on the tick population. After a mild winter, the tick population is high. Ticks are worse in early spring, when they climb into brush and wait for a chance to attach to a host and feed on the host's blood.

Ticks can carry a variety of diseases. Rocky Mountain Spotted Fever and Lyme disease are two of the known diseases spread by ticks. Some diseases, such as Lyme disease may affect pets and livestock as well as people.



Safety Checklist

- Wear light-colored clothing which allows you to see ticks on your clothing.
- Tuck your pant legs into your socks so ticks cannot crawl up the inside of your pant legs.
- Apply repellents to discourage tick attachment. Repellents containing permethrin can be sprayed on boots and clothing, and will last for several days. Repellents containing DEET (n, n-diethyl-m-toluamide) can be applied to the skin, but will last only a few hours before reapplication is necessary. Use DEET with caution on children.
- Sprinkle sulphur on your socks, boots and pant legs.
- Stay on trails where the chance of picking up ticks is less likely.
- Avoid tall grass and brush.
- Routinely check your hair and body for ticks.
- Conduct a body check upon return from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body.
- Remove any tick you find on your body.
- If there is any indication of redness or swelling, go to a doctor immediately and take the tick with you in a plastic bag for identification.

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