



Public Health School Health and Safety

May 2025

TICKS

Ticks are small blood-feeding parasites. Some species of ticks can transmit diseases to people.



Ticks live in grassy, brushy or wooded areas and can grab onto animals and people as they walk through these areas.

Once on an animal or person, ticks burrow their mouthparts into the skin and feed on blood. Their bodies get bigger as they consume more blood.

Ticks can feed for several minutes to several days.

You can encounter ticks year-round, but they are most active in **spring and summer** months.

The best way to avoid tick bites is to avoid brushy or wooded areas where they live.

If you will be in areas with ticks, be sure to wear the right clothing:

- Wear long sleeves, long pants, and tall socks. This helps keep ticks on the outside of clothing rather than on your skin.
- Wear light-colored clothing to make ticks easier to spot.
- Tuck shirts into pants, and tuck pants into shoes or socks. This keeps ticks on the outside of clothing.



If you've been in areas with ticks, take these steps:

Check your body for ticks.

- Ticks can be very small before they feed. They might look like a new freckle or speck of dirt.
- Be sure to check areas in and around the hair, head, neck, ears, under arms, inside the belly button, around the waist, between the legs, and behind the knees.
- Continue checking for two to three days.

Take a shower.

- Showering within two hours can reduce your risk of tickborne diseases.
- Showering can rinse off unattached ticks.

Removing attached ticks

If you find a tick attached to your skin, remove it as quickly as possible.

Do not wait to go to the doctor.

- Use fine-tipped tweezers to grasp the tick as close to the skin surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick.
- After removing the tick, clean the bite area and your hands with rubbing alcohol or soap and water.

Check your clothing for ticks.

- Check clothing, coats and backpacks for ticks. They can get carried into your home on clothing and then attach to a person later.
- Put clothes in a dryer on high heat for 10 minutes to kill ticks.

