

PREVENTING TICK BITES AND USE OF PERMETHRIN

Permethrin is a synthetic insecticide rather than a traditional repellent. Permethrin works primarily by killing ticks it comes in contact with.

It remains effective on clothing through several washings.

Here are some important points in the safe use of permethrin products:

- . CAREFULLY FOLLOW DIRECTIONS GIVEN ON THE LABEL.
- . Apply to CLOTHING ONLY. DO NOT APPLY TO SKIN.
- . DO NOT apply to clothing while it is being worn.
- . Apply in a well-ventilated area outdoors away from the wind.
- . Lightly moisten fabric, do not saturate.
- . Allow to completely dry (2-4) hours before wearing.
- . Do not treat clothing more than once every two weeks. Launder at least once before retreating.
- . Use a deet product on your skin for added protection.

Checking for and prompt-proper removal of ticks maybe the most important and effective method of preventing Lyme disease and co infections!

Stay to the middle of the trail. Avoid blazing your own trail. Ticks hang out in high vegetation, waiting for a passing host.

Be vigilant – do a daily tick check. Strip down and search all those places that ticks love to hide: in your hair, folds of your ears, under your arms, between your legs, behind the knees, and even in your belly button.

Take a shower and briskly scrub your body to remove any ticks that have not yet attached.

Wear light-colored clothing. You'll have a better chance of seeing a dark tick crawling on you before it makes its way to your skin.

Wear long pants with sneakers or hiking boots. Tuck your pant legs into your socks, and keep your shirt tucked into your waistband. In areas where ticks are abundant, you might even want to wrap some duct tape around your ankles, over the top of your socks. You'll look ridiculous, but it works.

Put your clothes in the dryer, and tumble them on high heat. Research shows many ticks can make it through the washing machine, even when you wash in hot water. Most ticks will die during a long cycle in the hot, dry air of your clothes dryer.

Check your pets and your kids before letting them in the house.

Some thing to consider; Have a designated set of clothes and shoes treated with permethrin that you will wear outdoors when you may come in contact with ticks. Remove them ASAP when coming indoors. Store treated clothes in a large plastic garbage or ziplock bag.