

# YOU CAN HELP CONTROL TICKS IN YOUR OWN BACKYARD.

When spending time outdoors, you don't want to worry about ticks biting you or your family. You can effectively reduce tick populations by identifying and eliminating harborage areas on your property. Following these helpful tips and guidelines, will help you reduce the potential of ticks in and around your property and of dangerous tick bites.

Place a gravel or wood chip buffer zone for property adjacent to woods.

Tumble clothes in a dryer on high heat to kill remaining ticks.

Inspect yourself for ticks after you return home. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.

Avoid walking along grass lines and forest lines. Walk in the middle of trails.

Avoid walking your dog in known tick-infested areas.

Wear long pants, light colored clothing, and pull socks over pant legs when in areas where ticks are likely to occur.

Keep grass and weeds well trimmed. (less than 2")

Use tick repellents on you, your pet, and your clothing before entering tick-infested areas.

**COWLEYS**

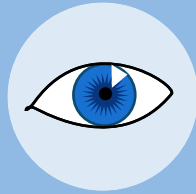
PEST SERVICES

## Reduce the chance of being bitten by ticks and of contracting tickborne diseases.



Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.

Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.



Use a consistent and properly-timed pest control program to apply pesticides outdoors. Pesticides for ticks, known as acaricides, can reduce the number of ticks in your yard.

Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin, which remains protective through several washings. Pre-treated clothing is available and may be protective longer.



Use repellents that contain 20 to 30% DEET on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding their hands, eyes, and mouth.



Discourage unwelcome animals (such as deer, raccoons, and stray dogs) from entering your yard through fencing or other barrier.

For further information visit [CDC.gov](https://www.cdc.gov).

