

Protecting Pets (and People) from Ticks

Ticks are not just a problem for people. They can pose a health risk to our pets, too. May is Lyme Disease Awareness Month, which is a perfect time to remember prevention is the best defense against tickborne diseases for both people and pets. Take these simple steps:

- **Know** when you are in tick habitat and take precautions in places where ticks may live.
- **Wear** light-colored long-sleeved shirts and pants. Tuck pants into socks.
- **Use** an EPA-approved repellent like DEET, picaridin, IR3535, or oil of lemon eucalyptus. Pre-treat clothing with permethrin.
- **Shower** when you come inside from outdoor activity. This can help remove crawling ticks. Put clothes in the dryer on high heat for 15 minutes before washing to kill ticks on clothes.
- **Check** your whole body for ticks after outdoor activities and at least once per day.
- **Treat** pets with tick prevention and check pets daily for ticks.

Tick bite prevention is essential to protect both people and pets across Maine. Find more information and resources at www.maine.gov/lyme.