

Tick Bite Prevention: A Key Step in Prevention Tickborne Diseases

May is Lyme Disease Awareness Month. This is a time to remember that prevention is the best defense against tickborne disease. Health care providers play an important role in reminding patients to take steps to prevent tick bites every day. These include:

- **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. Check family members and pets, too.

Educating patients about prevention and when to seek health care is essential to preventing tickborne disease in Maine. Find more information and resources at www.maine.gov/lyme.