

## **Tips for Tick Prevention**

Although reported cases of tick sightings are on the rise, Illinois is not considered endemic, but rather emerging. It is important to note that during the two-year lifecycle of a tick, they will seek out a “blood meal,” feeding on a host four times during their lifecycles, and are more active in the spring and fall. Ticks cannot fly or jump; they wait for hosts, animal and/or human from the tips of grasses and shrubs.



Deer Tick



American Dog Tick



Lone Star Tick



Brown Dog Tick

The following measures may prove beneficial:

- Walk in the center of trails to avoid overhanging grass and brush.
- Examine clothing and skin frequently for ticks.
- Carefully remove attached ticks immediately.
- Apply insect repellent containing DEET as directed.
- Wear light-colored clothing and tuck pants into socks.
- Examine pets for ticks.
- See your doctor if any unexplained rash or illness accompanied by a fever develops.

Additional resources:

- [www.cdc.gov/ticks/index.html](http://www.cdc.gov/ticks/index.html)
- <http://dph.illinois.gov/topics-services/environmental-health-protection/structural-pest-control/common-ticks#publications>
- <http://www.dph.illinois.gov/sites/default/files/publications/tick-flyer-050818.pdf>
- <http://www.dph.illinois.gov/sites/default/files/publications/tick-pstr-050316.pdf>