

# Helpful Tips

— to stay safe —

- 1 Walk in the middle of trails; avoid high grass areas.
- 2 If possible, wear a hat and tuck in your hair.
- 3 Wear a long-sleeved shirt fitted at the wrist.
- 4 Wear shoes, no bare feet or sandals.
- 5 Wear long pants tucked in to your socks.
- 6 Use insect repellent for skin and permethrin for clothes.
- 7 Wear white or light-colored clothing to make it easier to see ticks.
- 8 Do tick checks on you and your pets immediately and routinely for 2-3 days after outdoor activities.
- 9 Ask your veterinarian about protection for your pets.
- 10 If you find a tick, remove it carefully.

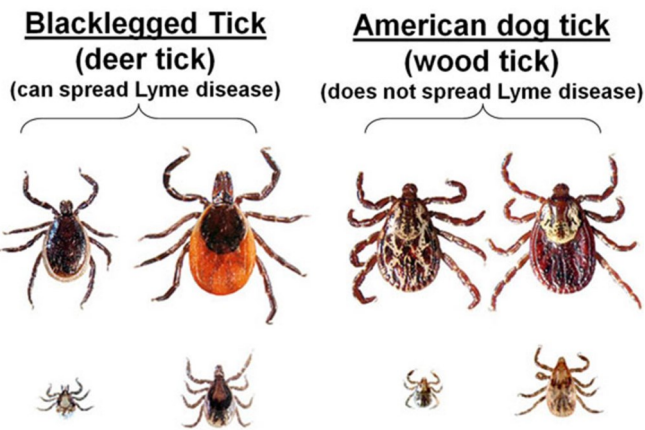
For more information and tips visit:  
[www.echealthdepartment.org](http://www.echealthdepartment.org)

Over 40% of ticks collected in Eau Claire County Parks are infected with Lyme Disease.

-Eau Claire City-County  
Health Department

# Protect YOUR Family

## TICKS



Haldimand-Norfolk Health Unit

**Blacklegged or Deer ticks are the carriers of Lyme disease**

A message from:



**Lyme disease is on the rise**

Learn how to protect you and your family from the **2nd most** communicable disease in Eau Claire County.

# Types of Repellent

# Infants and Children

▼ These repellents are proven to work well and be safe by the Environmental Protection Agency (EPA).

*\*When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.*

	Recommended Concentration	Apply to	Average Effectiveness	Additional Information
Permethrin	0.5%	Clothing ONLY	90%	Only repellent that KILLS ticks
DEET	20-50%	Skin/Clothing (may damage some clothing)	85%	Widely used in the U.S. for 70+ years
Picaridin	20% or higher	Skin/Clothing	85%	Odorless
BioUD (2-undecanone)	1-2%	Skin/Clothing	90%+	Derived from a wild tomato plant
IR3535 (SkinSoSoft)	20% or higher	Skin/Clothing (may damage some clothing)	85%	Odorless and gentle on skin
Oil of Lemon Eucalyptus (para-methane-diol)	Use a chemically synthesized version of the oil	Skin/Clothing	90%+	Derived from eucalyptus plants

▼ Alternative Choice: Essential Oils

Essential Oils (Rosemary, geraniol, peppermint, thyme, lemongrass, cedar)	Varies based on type, application, and concentration	Skin/Clothing	Varies based on type, application, and concentration	Plant-based, some varieties shown as effective as DEET
---	--	---------------	--	--



- Always supervise and help children apply repellents according to labeled directions.
- Use as directed in the graphic above. Apply to the hand and then rub onto clothing or skin.
- Repellents should NOT be used on infants under two months of age.



For more information and research about tick repellents, Lyme disease and the Eau Claire City-County Health Department Tick Collection Project, please visit our website:

[www.ehealthdepartment.org](http://www.ehealthdepartment.org)