Prescriptions for Prevention

Lyme Disease & Other Tick-Borne Illnesses

Did you know?

Changing weather patterns have lead to more tick activity in many areas. Some places have ticks year-round.

Action Plan

- Ticks transmit Lyme and other diseases, so it's important to take steps to prevent tick bites.
- Wear light-colored long-sleeved shirts, long pants, socks, and a hat when outside to cover exposed skin and make it easy to see and remove ticks before they bite. Tuck pants into socks. Consider using repellent clothing (treated with permethrin) and wash them separately from untreated clothing.
- Use EPA-registered insect repellents containing 20-30% DEET, 20% Picaridin, or Oil of Lemon Eucalyptus when going outdoors. Apply once a day to exposed skin and clothing, but not under clothing.
- Check for ticks daily. Caregivers should do a head-to-toe skin check on young children. Ticks can hide under armpits, behind knees, in hair, in and around ears, in the belly button, between toes, and in the groin area.
- Shower as soon as possible after spending time outdoors.
- Tumble clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
- Check your pets for ticks daily and talk to your vet about the best tick prevention products for your animal.
- If you find a tick in your skin, use tweezers to carefully remove the entire tick as soon as possible.
- Contact your physician if you develop fever, chills, or rash within 30 days of being bitten by a tick.

Perelman School of Medicine University of Pennsylvania
Philadelphia Regional Center for Children's Environmental Health
Children's Hospital of Philadelphia
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Resources

Lyme Disease

For more information about what Lyme Disease is and how to prevent it, click this link or scan the QR code:

Safe Protection from Ticks

For more information about safe ways to control tick infestations in or around your home, click this link or scan the QR code:

How to Remove a Tick

To learn what to do after finding a tick bite, click this link or scan the QR code:

Preventing Tick and Insect-Borne Illnesses

For additional tips from the Centers for Disease Control about how to prevent tick- and insect-borne illnesses through tick and mosquito bites, click this link or scan the QR code:

Surveillance of Lyme and Tick-Borne Illnesses in Philadelphia

To learn more about Lyme and Tick-Borne illnesses in Philadelphia and determine whether you are in a high-risk area, click this link or scan the QR code:

For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:
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