

Helpful Tips

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

-Eau Claire City-County Health Department

Keep safe from tick bites by using repellent



Protect YOUR Family

1

Walk in the middle of trails; avoid high grass areas, sitting on logs and leaning on trees.

2

If possible, wear a hat on tuck in your hair.

3

Wear a long-sleeved shirt fitted at the wrist.

4

Wear shoes, no bare feet or sandals. Wear long pants tucked in to your socks.

5

Use insect repellent for skin and permethrin for clothes.

6

Wear white or light-colored clothing to make it easier to see ticks.

7

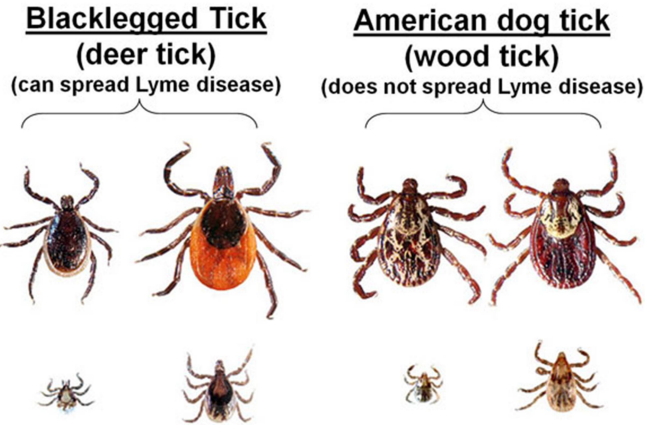
Do tick checks on you and your pets immediately and routinely for 2-3 days after outdoor activities.

8

If you find a tick, remove it carefully.

For more information and tips visit: www.echealthdepartment.org

TICKS



Blacklegged or Deer Ticks are the carriers of Lyme's Disease.

A message from:



Lyme Disease is on the Rise

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




Types of Repellent...

Infants and Children

▼ Recommended by the Center for Disease Control

	Recommended Concentration	Apply to	Average Effectiveness	Other Benefits	EPA Approved
Permethrin	0.5%	Clothing ONLY	90%+	Repels and Kills Ticks	
DEET	20%-50%	Skin/Clothing (may damage some clothing)	85%	Most studied insect repellent	
Picaridin	20% or higher	Skin/Clothing	85%	Odorless, non-irritating	

▼ Supported by Research

	Recommended Concentration	Apply to	Average Effectiveness	Other Benefits	EPA Approved
BioUD (2-undecanone)	1-2%	Skin/Clothing	90%+	Plant-Based	
SkinSoSoft (Ir3535)	20% or higher	Skin/Clothing (may damage some clothing)	85%	No odor, gentle on skin.	
Essential oils	Researched oils: rosemary, geraniol, peppermint, thyme, lemongrass, cedar	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, visit

www.ehealthdepartment.org