

Attachment 4  
Educational Materials



# After you pick, check for ticks!



American Dog Tick



Lone Star Tick



Blacklegged Tick

## Tick Safety Tips

1. Wear an EPA-approved bug repellent such as DEET, picaridin, or IR3535.
2. Treat clothing with products containing permethrin and allow clothes to dry for 24 hours before wearing.
3. Tuck socks and pants into boots. Wear light colored clothing so ticks can be easily seen.
4. Remove clothing and place in a hot dryer for 15 minutes after coming indoors.
5. Shower to remove any loose ticks and check your body for attached ticks.
6. Remove ticks with tweezers. Pull up with a steady pressure, don't squeeze.
7. Contact your doctor if you experience any of the following symptoms: fever, rash, body aches, headache, or chills.



State of Illinois  
Illinois Department of Public Health

# got lyme?



# Illinois does.



Division of Environmental Health  
Questions: 217-782-5830 [dph.illinois.gov](http://dph.illinois.gov)

# Common Illinois Ticks

## Preventing Tick Bites

Ticks can be found in forests, tall grasses, and leaf litter.

- Wear light colored clothing and tuck pants into socks.
- Use an EPA-registered insect repellent and follow label instructions.
- Treat outdoor clothing and gear with permethrin.
- Walk in the center of trails. Avoid brushing against tall grass.
- Perform daily tick checks on yourself, children, and pets.



### Blacklegged Tick

*(Ixodes scapularis)*

Lyme Disease, Anaplasmosis, Babesiosis, Ehrlichiosis, *Borrelia miyamotoi* Disease and Powassan Virus



### Lone Star Tick

*(Amblyomma americanum)*

Ehrlichiosis, Heartland Virus, Bourbon Virus and Tularemia



### Gulf Coast Tick

*(Amblyomma maculatum)*

*Rickettsia parkeri* Rickettsiosis



### American Dog Tick

*(Dermacentor variabilis)*

Rocky Mountain Spotted Fever and Tularemia

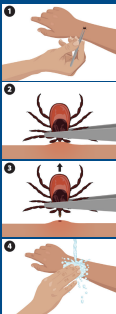
# Don't Get Sick, Check for Ticks!

## After you come indoors:

- Check your clothing for ticks.
- Wash and dry clothes on high heat to kill ticks.
- Examine gear and pets.
- Shower within 2 hours to wash ticks off your body.
- Check your body for ticks.

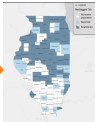


## How To Remove a Tick



1. Grasp attached tick with tweezers as close to the skin as possible.
2. Pull up on the tick with steady pressure. Do not squeeze or twist.
3. Wash your hands and the bite area with soap and water.
4. Dispose of tick by sticking it to a piece of tape and placing in the trash or flushing the tick down the toilet.

Stay Up-To-Date  
on Illinois Tick Data  
<https://arcg.is/15fDSO>



Watch for signs and symptoms of tickborne disease. See your doctor if you develop a rash, fever, or other flu-like symptoms within 30 days after a tick bite.