State of Illinois
Illinois Department of Public Health

# After you pick, check for ticks!

## 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.

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