

BE TICK AWARE

Your Tick-Off Checklist Before You Head Outdoors

Ticks are commonly found in the area. Take a few simple steps before hiking to reduce your chances of a bite — for you, your children, and your pets.

ITEMS TO BRING

- ✓ Wide masking tape or a lint roller
- ✓ Magnifying glass & mirror for hard-to-see spots
- ✓ Repellents and/or treated clothing & gear
- ✓ Pointed tweezers or a tick removal tool
- ✓ Zip-lock bag or container to save any removed tick for ID

REPELLENT SAFETY TIPS

- ⚠ Never apply Permethrin products to skin or use around cats
- ⚠ Permethrin is for clothing & gear ONLY — follow label directions
- ⚠ Don't apply repellents indoors; let treated surfaces dry before use
- ⚠ Always perform frequent tick checks on yourself, kids & pets

MORE INFORMATION

Click a link below to learn more.

→ **Find the Right Repellent (EPA)**

→ **Suffolk County — Ticks**

→ **Suffolk County — Tick Research**

→ **Cornell — Ticks & Tick-Borne Disease**

→ **Cornell — Pest Management & Turf**

→ **Video: Treat Clothing & Gear**

→ **Video: Remove a Tick**

STAY TICK AWARE!

Protect yourself. Protect your family. Protect your pets. — Check for ticks every time.

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Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.