

## 2. Precautions

Ticks are found in tall grass, brush or wooded areas throughout southern Saskatchewan.

When heading outdoors:

- Wear pants, long-sleeved shirts and close-toed shoes or boots.
- Pull socks over your pant legs to prevent ticks from crawling up your legs.
- Wear light-coloured clothing so ticks can be seen easily.
- Use insect repellent containing DEET or Icaridin. Apply repellent to exposed skin; always read and follow the directions on the label.
- When hiking, stay on paths and avoid contact with tall grass and overgrown brush.

When returning from outdoors:

- Shower or bathe within two hours of being outside to wash off loose ticks.
- Do 'full body' tick checks daily on yourself, your children and pets. Some ticks are quite small (the size of a pin-head or freckle), so look carefully.
- To remove ticks from clothing, put your clothes in a hot dryer or hang them out in the sun on a hot day for at least 15 minutes. The heat can kill the ticks. Also check for ticks on any gear you had with you in the woods.

### Tick Removal

If you find a tick attached to your skin:

- Carefully [remove it with fine-tipped tweezers](#) and grasp the mouth of the tick as close to the skin as possible.
- Pull slowly upward and out with a firm steady pressure.
- Do not handle the tick with bare hands and be careful not to squeeze, crush or puncture the body after removal as this may also contain infectious fluids.