



# Don't Get Sick, Check For Ticks!



Deer Tick



American Dog Tick



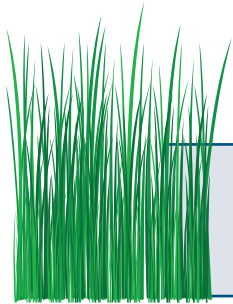
Lone Star Tick



Brown Dog Tick

## Checking for Ticks

- After being outdoors, always check your clothes, hair, and body for ticks
- Shower to wash any ticks off your body
- Wash and dry clothes to remove ticks



Ticks are found in tall grass and brush

## Preventing Ticks

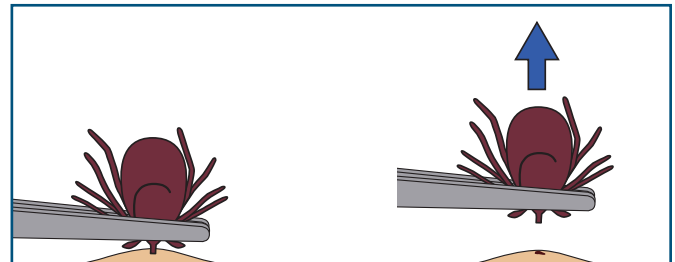
- Wear light colored clothing (long sleeve shirts and long pants) so you can easily see ticks
- Use bug repellent that contains 20% or more DEET, picaridin, or IR3535 on exposed skin
- Walk in the center of trails
- Treat clothing with products containing permethrin (Do not apply permethrin to skin)



Specimen identification is available through IDPH:  
<http://www.dph.illinois.gov/sites/default/files/forms/arthropod-specimen-id-form-041116.pdf>

## Removing Ticks

- If you find a tick attached to your skin, grasp it with tweezers as close to the skin as you can. Pull up on the tick with steady pressure. Do not squeeze.



- Wash the bite area and your hands with soap and water. Dispose of the tick by sticking it to a piece of tape and placing in trash or by flushing the tick in the toilet.

## See a Doctor If...

**RASH** **BODY ACHES** **FEVER**  
**CHILLS** **HEADACHE**



Contact IDPH Division of Environmental Health  
for more information: 217-782-5830