



INJURY PREVENTION

Quick Review of Safety

Tick Bites

PREVENTION

- Tick season in Minnesota is April-July and September-October, corresponding to the tick lifecycle.
- Ticks live in wooded and brushy areas with high grass or leaf litter, so avoid these areas whenever possible.
- Ticks crawl up and latch on rather than dropping from trees. Pay special attention to securing pants, socks and shoes by tucking pants into the top of socks or boots.
- Wear light colored clothes to make it easier to spot ticks.
- Use repellants that contain no more than 30 percent DEET. Higher concentrations offer few added benefits.
- Treat clothing with permethrin based products, but do not use permethrin on skin.
- Follow manufacturer directions for all repellants, particularly regarding application frequency.
- Check yourself for ticks thoroughly. Ticks need to be attached for 12 to 48 hours to transmit diseases.
- Tumble dry clothing in a dryer on high heat for at least 10 minutes to kill ticks on clothing; if clothes are damp additional time may be needed.

(Over)



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IDENTIFICATION

- Blacklegged ticks are black or reddish brown and range in size from smaller than a poppy seed to a pin head.
- American dog ticks are brown with whitish or gray markings and typically about one-eighth inch in diameter.
- The female lone star tick is brown with a white dot on the back and slightly smaller than the American dog tick.
- Blacklegged ticks are known to transmit Lyme disease and human anaplasmosis. The lone star tick can transmit an allergy to red meat and other diseases.

REMOVAL AND HEALTH CARE

- If you find a tick latched onto you, use fine tipped tweezers to grasp the tick as close to the surface of the skin as possible. Do not squeeze the tick's body.
- Pull upward with a steady even speed.
- After removing the tick, clean the bite area and wash your hands with rubbing alcohol, iodine scrub or soap and water.
- Store the tick in a sealed jar to be identified and tested later or dispose of the tick.
- When disposing of a tick, submerge it in alcohol, wrap it tightly in tape, or flush it down the toilet. Avoid crushing it in your fingers.
- If bitten by a tick at work, report it to your supervisor as soon as possible.
- If a rash develops near the tick bite area or you come down with a fever within several weeks, see a doctor.

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