

# TICK PREVENTION & TREATMENT

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Ticks are projected to explode this summer (2018) and it is important that our hikers take caution. Here are some tips:

- Stay in the middle of the trail. Avoid grassy and bushy areas if possible.
- Use repellents with 30% *Deet* on exposed skin and clothing. Make sure that you applied to socks and lower legs. Ticks do not fall out of trees, they crawl up from the bottom.
- Another very helpful product is *Permethrin*. Treat clothes, shoes, socks with this product. It will remain effective for several washings or you can buy gear that has already been treated.
- Bathe or shower as soon as possible and conduct a full body search with a mirror or a friend. Also examine your gear and pets for ticks.
- Tumble dry clothes on high heat for at least 10 minutes to kill ticks in clothing or wash clothes in hot water.
- To remove a tick use fine-tipped tweezers and grasped the tick as close to the skin as possible. Pull out with upward, steady pressure. Don't twist or jerk or use heat, nail polish or petroleum jelly.
- After removing a tick, clean bite area with rubbing alcohol, disinfectant or soap.
- If a tick bites you try to save it in a plastic baggie for a doctor to examine.
- If you develop a rash, reddish bull's-eye, or fever see a doctor immediately.
- Natural remedies for tick prevention include oil of oranges or lemons, aromatherapy oils such as basil, cedar, cinnamon and lavender. Also Cedar oil spray.

*Deer ticks spread Lyme disease. Deer ticks (L) are roughly half the size of Dog ticks (R)*

