

CONTAGION PODCAST EPISODE 2

[Preventing Tick Bites | Ticks | CDC](#)

- **Treat clothing and gear** with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. Alternatively, you can buy permethrin-treated clothing and gear.
- **Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#)** containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. EPA's helpful [search tool](#) can help you find the product that best suits your needs and which are safe for children. Do not use products containing OLE or PMD on children under 3 years old.
- **Check your clothing for ticks.** Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.
- **Examine gear and pets.** Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and daypacks.
- **Shower soon after being outdoors.** Showering within two hours of coming indoors has been shown to reduce your risk of getting [Lyme disease](#) and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.
- **Check your body for ticks after being outdoors.** Conduct a full body check upon return from potentially tick-infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks:

[Where Ticks Live | Ticks | CDC](#)

Above link contains

- Maps that show the general distribution of ticks that transmit diseases to humans in the contiguous United States
- Tick surveillance info
- Photos of ticks and where they are found

[CDC Mosquito Bite Prevention](#)

This flyer goes into more detail about how to protect yourself from mosquito bites through the following strategies:

- Use Insect Repellent

- Wear long-sleeved shirts, pants
- Treat clothes and gear
- Protect infants and young children
- Control mosquitoes indoor
- Control mosquitoes outdoors

Learn more about Alpha-gal here: [CDC Alpha Gal Syndrome](#)

Learn more about this year's dengue outbreak in Latin America here: [PAHO Dengue Report](#)

CDC DoxyPEP Guidelines

Bachmann LH, Barbee LA, Chan P, et al. CDC Clinical Guidelines on the Use of Doxycycline Postexposure Prophylaxis for Bacterial Sexually Transmitted Infection Prevention, United States, 2024. MMWR Recomm Rep 2024;73(No. RR-2):1–8. DOI:

https://www.cdc.gov/mmwr/volumes/73/rr/rr7302a1.htm?s_cid=rr7302a1_w

Survey on STI Knowledge in the Public

https://cdn.annenbergpublicpolicycenter.org/wp-content/uploads/2024/06/APPC_ASAPH_STI_Toplines_W19.pdf