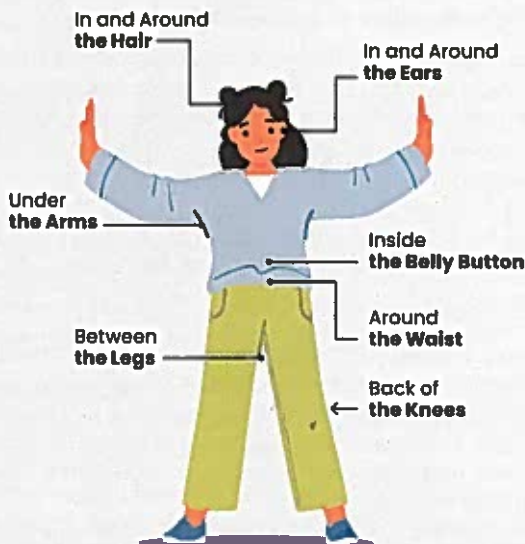


Tick Bite Prevention

- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone. Always follow product instructions.
- Wear clothing treated with 0.5% permethrin. Re-treat clothing according to label instructions.
- Shower as soon as possible after spending time outdoors.
- Check for ticks daily. Ticks can hide under the armpits, behind the knees, in the hair, and in the groin.
- Tumble 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, dry them completely and then dry for 10 minutes on high heat.

Where to Check for Ticks



Lyme Disease Vaccine

There is not currently a vaccine for people to prevent Lyme disease, however clinical trials of new vaccines for Lyme disease are underway.

Post-Exposure Antibiotics

In general, CDC does not recommend antibiotics after tick bites to prevent tickborne diseases. However, in certain circumstances, a single dose of doxycycline after a tick bite in an area where Lyme disease is common may lower risk of Lyme disease. Ask your healthcare provider if antibiotics after a tick bite are appropriate for you.