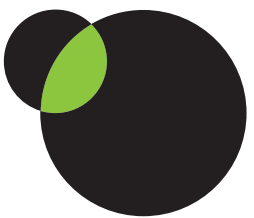


**HOW TO  
PROTECT  
AGAINST  
TICK  
BITES**



MothersAgainst Lyme.org



share your stories and concerns in our online community at  
[FACEBOOK.COM/MOTHERSAGAINSTLYME](https://facebook.com/MOTHERSAGAINSTLYME)

**STEPS  
THAT  
COULD  
CHANGE  
YOUR  
LIFE**

**3**

**LEARN  
& SHARE  
THESE**

# 3 STEPS

THAT COULD CHANGE YOUR LIFE

## USE SKIN REPELLENTS

1

**DEET** If you want a repellent that will last all day, go with DEET. As much as you might be opposed to putting chemicals on your skin or your child's, if you're not able to reapply the repellent, this is your safest choice. If you do choose DEET, choose the longest-lasting brand, not the strongest because a higher percentage of DEET won't help if it wears off.

**HERBAL REPELLENT** Some herbal repellents are more effective than DEET, and if you can reapply often, we recommend these:

- A. Icaridin/picaridin, otherwise known as Saltidin.
- B. Citiridol, otherwise known as lemon eucalyptus

Natural tick repellents need to be concentrated to at least 7.5% to be effective and reapplied at least every 2 hours.

**SAWYERS FISHERMAN'S FORMULA** and **REPEL LEMON EUCALYPTUS** both come highly recommended.

**NOOTKATONE**, found in cedars and grapefruit, is more powerful at repelling ticks than any other herb, more effective than DEET, and seems to last as long. Be on the lookout for products containing this miraculous gift from nature.

## PROPER WAYS TO DRESS (AND UNDESS) TO PREVENT INFECTION

2

Everybody knows that pants should be tucked into socks, but rapidly climbing ticks can still make it onto your body, especially into the dark, damp places on people where they like to lodge, like on your scalp, behind your ears or knees, in your armpits and even in your private parts.

**TREATING YOUR CLOTHES** Treat clothes with permethrin before wearing; it can be sprayed on, or clothes can be washed in permethrin military solution. Be sure to treat hats, and tuck hair underneath. Have your kids keep their hat on whenever outdoors.

**TOSS CLOTHES IN THE DRYER** upon entry into the house, if possible. This will kill ticks on the clothes. Dry them for a minimum of 6 minutes on high heat to kill them effectively. If clothes are soiled, and require washing, they should be washed in hot water equal to, or greater than, 54°C (≥130°F) to kill ticks.

**FULL BODY CHECK** frequently, not just once a day. Don't forget to check between toes, behind knees, in crotch, groin, bellybutton, waist, behind ears and in the hair.

## PREVENT TICKS FROM ENTERING YOUR LIVING AREAS

3

**Mothers Against Lyme** is a non-profit organization devoted to advocacy and education about congenital and childhood Lyme disease.

**KEEP GRASS SHORT** even if you only have a small city garden. If possible, add a 3' barrier of mulch around the perimeter of your yard. Eliminate tick habitat by reducing piles of leaves.

**ELIMINATE MICE AND DEER** Spraying a yard is not very effective. Consumer Report recommends that you treat the fur of mice or deer with small quantities of tick-killing agents instead of going after the animals themselves.

**TICK TUBES** work! They can be made of cardboard tubes or bought. They are tubes filled with cotton treated with permethrin that mice bring back to their nests.

**DAMMINIX** and **THERMACELL** are inexpensive choices.

important contacts:

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For additional information, including how-to and DIY links to videos, please visit: [MothersAgainstLyme.org](http://MothersAgainstLyme.org)

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