



Tick Checklist: What you can do to prevent exposure

Before entering tick habitat

- Consider applying effective tick repellent to exposed skin
- Wear light colored clothing (this makes it easier to spot ticks)
- Wear long pants, long sleeves, long socks, and closed-toe shoes (this makes it more difficult for ticks to attach to your skin)

While in tick habitat

- Avoid grassy areas, contact with logs, tree trunks, and fallen branches
- Stay in the center of trails to help avoid contact with ticks
- Periodically check for ticks on yourself and your pets

After exiting tick habitat

- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks after you come indoors
- Shower within 2 hours of returning from tick habitat
- If exposed, properly remove any attached ticks immediately. Grab the tick close to your skin with tweezers, tick removal tool, or a tissue and pull the tick straight upward
- Wash your hands and the bite-site with soap and water
- Disinfect the area and apply an antibiotic ointment, cream, or rubbing alcohol to the bite site
- Never crush a tick with your fingers
- Save the tick in a sealed bag or container

For tick identification contact Santa Clara County Vector Control (408) 918-4770
For tick testing for possible diseases contact Santa Clara County Public Health Laboratory
(408) 885-4272