



TICK PREVENTION & SAFETY GUIDE

Protect Yourself and Your Family with These Tick Prevention Tips

Identifying Ticks in Ohio

Ticks are becoming a major issue in the state of Ohio, and their bites are leading causes of Lyme Disease. These parasitic animals insert their heads underneath the skin of their hosts, and gorge themselves on the blood. This process is where diseases such as Lyme Disease is transmitted.

There are 3 common types of Ticks that are found in Ohio: The American Dog Tick, The Lone Star Tick, and more recently, The Black-Legged Tick.



Lone Star Tick



American Dog Tick



Black Legged Tick

Ways To Protect Yourself From Ticks

Sprays/Repellent

Sprays and repellents are a good way to protect and prevent ticks from biting you. Look for sprays/repellents that contain 10 to 30 percent DEET to apply directly on your clothing. Use sparingly on your skin.

Proper Clothing

When venturing out into long grass and wooded areas, make sure that you are protecting yourself by wearing long sleeves, pants, and boots. Also, tuck your pants into the boots to prevent ticks from crawling up your pant legs.

Landscape Maintenance

Properly maintaining your landscape, such as keeping your grass mowed, and cleaning up

leaves and debris from your shrub beds helps eliminate the areas ticks like to hang out in.

Lawn Flea & Tick Sprays

These sprays can help to prevent ticks from laying in wait on the surface of your lawns, helping to reduce the chances of you being bitten.

First Aid: Removing a Tick

Matches, pins and gasoline **ARE NOT WAYS YOU SHOULD REMOVE A TICK!** These methods are often promoted as ways to remove a tick, but could be very dangerous! The best way to remove a tick is to use a pair of tweezers, and squeezing around the body of the insect, pulling straight out.

Once the tick is removed, do not flush or dispose of it down the sink. This will not kill the tick. Simply place the tick in rubbing alcohol, which will kill it, while preserving it in case you need medical treatment.

Abscesses and Infection

When removing a tick, there is a chance that the head of the tick may detach, remaining in your skin. If this happens, within a week, you may notice an abscess and infection.

If this is the case, seek immediate medical attention, allowing a physician to treat it with medicine.

TIP:

Be careful when removing the tick, using tweezers and pulling straight out. Do not use matches!



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