




Tick Safety Toolbox Talk

- ❖ Tick exposure can occur year-round, but ticks are most active during warmer weather. For Iowa, tick season is usually March - November.

There are three varieties of ticks commonly found in Iowa:

1. Blacklegged Tick (Deer Tick)
2. American Dog Tick (Wood Tick)
3. Lone Star Tick



Blacklegged deer tick	American dog tick	Lonestar tick
 <ul style="list-style-type: none"> Feed mainly on white tail deer and live in forests Adults active October-May on any day above freezing 	 <ul style="list-style-type: none"> Live in grassy areas and along paths/trails Adults active April-August 	 <ul style="list-style-type: none"> More commonly found in/near wooded areas Adults active April-August

Before Going Outdoors:

- Know where to expect ticks - ticks live in grassy, brushy, or wooded areas.
- Treat clothing and gear - use products containing 0.5% permethrin, if possible, to aid in protection against ticks.
- Use EPA registered insect repellents - always follow products instructions.

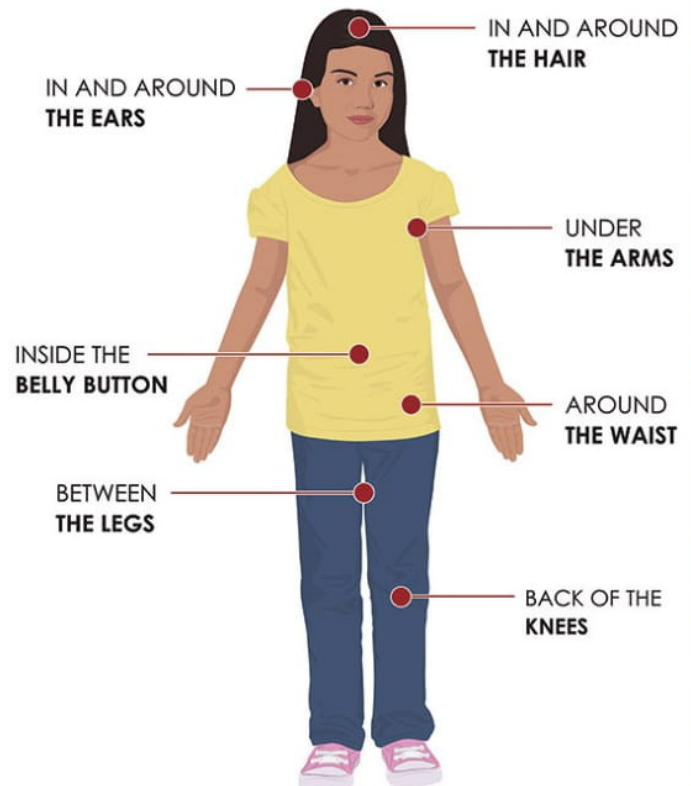
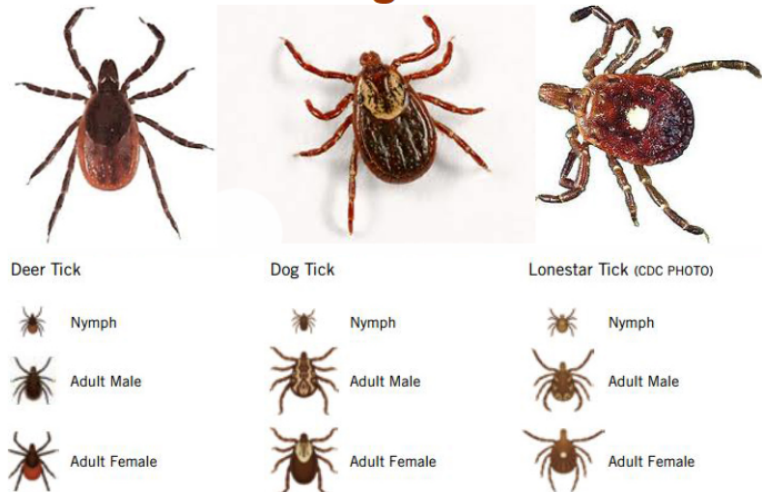
Safety Tips:

- Wearing light-colored clothing (to more easily see ticks), including long-sleeved shirts and long pants tucked into boots or socks along with a hat.
- Using appropriate insect repellent and reapply as needed following manufacturer's guidelines.
- Check for ticks at least once a day, skin & clothing.
- Showering and washing/drying clothes at high temperature after outdoor exposure.
- Doing a careful body check for ticks, prompt removal with tweezers and skin cleansing with antiseptic.

Removal of Ticks:

- Remove an attached tick by using tweezers to grasp the tick's mouth parts where they enter the skin. Pull steadily directly away from your skin.
- To dispose of a removed tick, submerge it in rubbing alcohol or flush it down the toilet.
- Clean the wound and disinfect the site of the bite.
- Call your doctor if you experience any signs or symptoms of Lyme disease such as a bullseye rash, fever, joint pain, rash, or inflammation at the bite site.

All Things Ticks!



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