

Tick Safety Toolbox Talk

All Things Ticks!

❖ Tick exposure in Iowa, tick season

There are three types of ticks:

1. Blacklegged
2. American Dog
3. Lone Star Tick



or

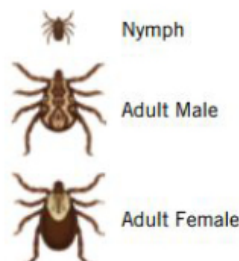
Before ; c]b[

- Know where ticks are found: grassy, brush
- Treat clothing containing 0.5% permethrin in protection
- Use EPA registered repellents and follow product instructions

Deer Tick



Dog Tick



Lonestar Tick (CDC PHOTO)



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:

- 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.

