

Tick Bite Prevention

- Avoid areas where ticks are known to be present
- Tuck pants into boots or socks
- Wear light colored clothing
- Use DEET on skin, and/or insecticides containing permethrin on clothing
- Perform thorough tick checks on body as soon as possible after possible exposure
- Keep grass cut short

Proper Tick Removal

- Use tweezers or tick removal device to grasp tick mouthparts (close to the skin)
- Gently pull the tick straight out of the skin
- Wash hands and bite site with warm water and soap
- Apply antiseptic to site of tick bite

Lyme Disease Prevention

- Prompt removal of tick (as soon as possible within 24 hours) can prevent transmission of Lyme disease.
- Physician consult is recommended if any symptoms of Lyme disease (including rash at site of tick bite) appear within 30 days of the incident.
- Early treatment of the disease with antibiotics has proven to be successful, however delayed treatment is less effective as the disease can spread to joints, nervous system and heart.

Tick Testing

- The CDC and CDPH do not recommend laboratory analysis of the tick as a protocol because results can be inconclusive.
- Individual doctors have different views on the subject of tick analysis and will help a patient determine if this is an appropriate measure.
- Saving the tick for analysis is not essential per CDC or CDPH guidelines, but some bite victims may wish to do so. Tick analysis can be done with or without a doctor's order, but cost may vary depending on your insurance. See <http://www.analyticalservices.com/tick-testing.html> for more information.

TICK BITES: EH&S recommends that tick bite victims take immediate action to properly remove the tick(s) and promptly seek a physician's advice. Collecting the tick to bring to the physician is advisable whenever possible. The physician's recommendations will determine appropriate treatment options. Tick testing is not required or promoted by the CDC but may be desired by patient or physician. Antibiotic treatments are available if recommended/ordered by the physician.

Additional Information from California Department of Public Health:

[Ticks in the Workplace](#)

[Tick Bite Prevention](#)