



TICKS AND TICK-BORNE DISEASES

Ticks in WA

Ticks are small blood-feeding parasites, and some species can transmit diseases to people. Washington has relatively few tick-borne disease cases reported each year, but prevention actions should be taken when heading into tick habitat. Tick-borne diseases that pose a risk to individuals include:

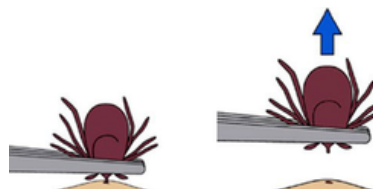
- Anaplasmosis
- Babesiosis
- Lyme Disease
- Rocky Mountain Spotted Fever
- Tick-borne relapsing fever
- Tick paralysis
- Tularemia



Removing a Tick

Remove an attached tick as soon as possible to reduce your chances of getting sick. Use clean tweezers to grasp the tick as close to the skin's surface as possible and pull steadily upward.

Clean the bite area with soap and water, then wash your hands. Call your healthcare provider if you start to feel sick within 1 month of the tick bite.



Send us your tick! Place it in a sealed container and visit www.doh.wa.gov and search for "ticks" to learn more.

Avoid Tick Bites

Know where to expect ticks

- Ticks live in grassy, brushy, or wooded areas. When possible, avoid wooded and brushy areas with tall grass and leaf litter.
- Walk in the center of trails, particularly in spring and early summer when ticks are most commonly encountered.

Use tick repellent

- Use an EPA-registered insect repellent with the following active ingredients: DEET, IR3535, oil of lemon eucalyptus, picaridin, and 2-undecanone.
- Treat clothing and gear with 0.5% permethrin to deter ticks while outdoors.

Wear appropriate clothing

- Wear light-colored, tightly woven long pants and shirts with long sleeves. Tuck your pant legs into socks or boots, and your shirt into your pants. This helps keep ticks on the outside of your clothing where you can spot them more easily.

Check yourself, your kids, and your pets all over for ticks after being outdoors

- Ticks are most commonly found around the hair and ears, under arms and behind knees, and around the waist and between the legs.
- Shower soon after being outdoors to wash off unattached ticks.

Prevent Ticks at Home

Maintain your yard

- Remove leaf litter, brush, wood-piles, and trash to reduce the likelihood that deer, rodents, and ticks will live there.
- Clear tall grasses and brush from around your home.
- Keep grass mowed and shrubs trimmed, and restrict the use of groundcover in family or pet areas.
- Move swing sets, sand boxes, and other children's play areas away from the edge of woods and place them on a wood chip or mulch foundation.
- Practice rodent control to discourage rodent activity in and around your home.

Prevent ticks on pets

- Keep dogs and cats out of wooded and tall grassy areas to prevent pets from bringing ticks home.
- Tick control products are available for pets. Follow label instructions and talk to your veterinarian if you have questions.



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