

# Tick Bite Prevention Checklist



**County of Santa Clara  
Vector Control District**  
1580 Berger Drive  
San Jose, CA 95112  
Mon– Fri, 7:30 a.m. – 4:00 p.m.  
(408) 918-4770 | [www.sccvector.org](http://www.sccvector.org)  
@sccvcd    

## District Services

The District can assist with tick identification. For identification requests, please contact us via phone, email, or submit a service request online.

For testing ticks for possible diseases, please contact the Santa Clara County Public Health Laboratory at (408) 885-4272.

## What You Can Do to Protect Yourself From Ticks

Before heading outdoors into tick habitat, there are precautions you can take to keep ticks off of you and reduce the risk of tick bites and tick-borne diseases.

### Before Tick Habitat

- Apply effective tick repellent containing DEET, picaridin, IR3535 or Oil of Lemon Eucalyptus, on exposed skin, always following label instructions.
- Wear long pants, long sleeves, long socks, and closed-toe shoes. Tucking pants into socks adds another layer of protection.
- Treat clothing and gear with products containing 0.5% permethrin.

### During Tick Habitat

- Stay in the middle of trails, avoid contact with logs, tree trunks, grassy areas, fallen branches, and leaf piles.
- Periodically check yourself, children, and pets for ticks. If you find one crawling on you, brush it off. If you find one attached, remove it quickly.

### After Tick Habitat

- Bathe/shower as soon as possible, or within two hours of leaving tick area to wash off ticks and find them more easily. Check under arms, inside of belly button, in and around ears, behind the knees, between legs, and on the scalp.
- Tumble dry clothes/gear in dryer on highest heat setting for 10 minutes to kill any stuck ticks.
- Examine any gear and pet harnesses for ticks.

### Tick Removal

- Properly remove any attached ticks immediately by grabbing it as close to the skin with tweezers, tick removal tool, or tissue. Pull tick upward with steady and even pressure. **Do not twist or jerk tick.**
- Wash your hands and bite-site with soap and water, and disinfect the area. Apply antibiotic ointment or rubbing alcohol to the bite-site.

### Tick Disposal

- To dispose of a live tick you can flush it down the toilet, submerge in alcohol, or place it in a sealed bag or container. **Never crush a tick with your fingers.**