Helpful Tips

Over 40% of ticks collected in Eau Claire Co. Parks are infected with Lyme Disease

- Eau Claire City-County Health Department

1. Walk in the middle of trails; avoid high grass areas, sitting on logs and leaning on trees.
2. If possible, wear a hat on tuck in your hair.
3. Wear a long-sleeved shirt fitted at the wrist.
4. Wear shoes, no bare feet or sandals. Wear long pants tucked in to your socks.
5. Use insect repellent for skin and premethrin for clothes.
6. Wear white or light-colored clothing to make it easier to see ticks.
7. Do tick checks on you and your pets immediately and routinely for 2-3 days after outdoor activities.
8. If you find a tick, remove it carefully.

For more information and tips visit: www.echealthdepartment.org

Blacklegged or Deer Ticks are the carriers of Lyme’s Disease.

TICKS

- **Blacklegged Tick** (deer tick) (can spread Lyme disease)
- **American dog tick** (wood tick) (does not spread Lyme disease)

Lyme Disease is on the Rise

Learn how to protect you and your family from the 2nd most infectious disease in Eau Claire County.
# Types of Repellent...

## Recommended by the Center for Disease Control

<table>
<thead>
<tr>
<th>Repellent</th>
<th>Recommended Concentration</th>
<th>Apply to</th>
<th>Average Effectiveness</th>
<th>Other Benefits</th>
<th>EPA Approved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permethrin</td>
<td>0.5%</td>
<td>Clothing ONLY</td>
<td>90%+</td>
<td>Repels and Kills Ticks</td>
<td>✔️</td>
</tr>
<tr>
<td>DEET</td>
<td>20%-50%</td>
<td>Skin/Clothing (may damage some clothing)</td>
<td>85%</td>
<td>Most studied insect repellent</td>
<td>✔️</td>
</tr>
<tr>
<td>Picaridin</td>
<td>20% or higher</td>
<td>Skin/Clothing</td>
<td>85%</td>
<td>Odorless, non-irritating</td>
<td>✔️</td>
</tr>
</tbody>
</table>

## Supported by Research

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<tbody>
<tr>
<td>BioUD (2-undecanone)</td>
<td>1-2%</td>
<td>Skin/Clothing</td>
<td>90%+</td>
<td>Plant-Based</td>
<td>✔️</td>
</tr>
<tr>
<td>SkinSoSoft (Ir3535)</td>
<td>20% or higher</td>
<td>Skin/Clothing (may damage some clothing)</td>
<td>85%</td>
<td>No odor, gentle on skin.</td>
<td>✔️</td>
</tr>
<tr>
<td>Essential oils</td>
<td>Researched oils: rosemary, geraniol, peppermint, thyme, lemongrass, cedar</td>
<td>Skin/Clothing</td>
<td>Varies based on type, application, and concentration</td>
<td>Plant Based, some varieties shown as effective as DEET</td>
<td>✗</td>
</tr>
</tbody>
</table>

- Always supervise and help children apply repellents according to labeled directions.
- Use as directed in the graphic above. Apply to the hand and then rub onto clothing or skin.
- Repellents should NOT be used on infants under two months of age.

For more information and research about tick repellents, Lyme disease and the Eau Claire City-County Health Department Tick Collection Project, visit [www.echealthdepartment.org](http://www.echealthdepartment.org).