

Tick Season Is Here: What Arrowhead Residents Need To Know

Ticks are unusually abundant this year throughout Northeastern Pennsylvania. Be sure to take precautions whenever you're outdoors.

Ticks can carry diseases that affect both humans and pets. The most common in PA is Lyme disease, transmitted by the blacklegged (deer) tick. Ticks are commonly found in wooded areas, leaf litter, tall grass and along trail edges.

Protect Yourself

When outdoors:

- Wear light-colored clothing to make ticks easier to spot.
- Wear long sleeves and long pants when possible.
- Use an EPA-approved insect repellent containing DEET or picaridin.
- Stay on trails and avoid brushing against tall grass and vegetation.
- Consider treating clothing and gear with permethrin.

Check for Ticks

After spending time outdoors:

- Perform a full-body tick check
- Check children and pets carefully
- Pay close attention to the scalp, behind the ears, under the arms, around the waist and behind the knees.
- Shower when possible after coming indoors.

If You Find a Tick

Remove it promptly using fine-tipped tweezers. Grasp the tick close to the skin and pull straight out with steady pressure. Clean the area with soap and water or rubbing alcohol.



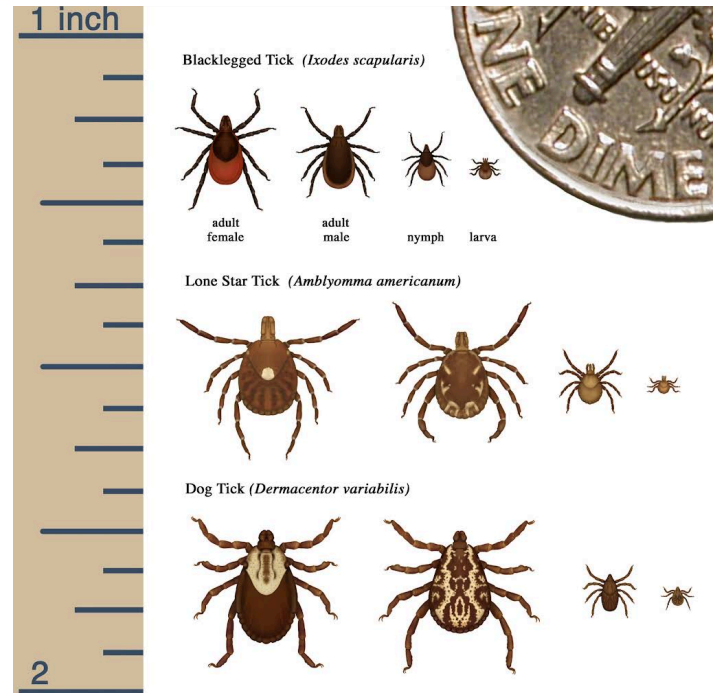
Watch for Symptoms

Early treatment of Lyme disease is highly effective! Contact your healthcare provider if you experience:

- A bull's-eye or expanding rash
- Fever or chills
- Fatigue
- Headaches
- Muscle or joint pain

Reduce Ticks Around Your Home

Keep grass mowed, remove leaf litter and brush piles, and create a barrier of wood chips or gravel between lawns and wooded areas. Limiting deer activity around your property can also help reduce tick populations.



Enjoy the outdoors, but remember:

A quick tick check after spending time outside can help prevent serious illness.