

Avoid Tick-Borne Illness!

We don't want any DNR employee's life to be affected by a tick-borne disease. Follow this multi-pronged approach to protect yourself and encourage coworkers to do the same.

- 1 Take action to prevent tick bites.**
Use repellents with DEET and clothing treatments with permethrin. These are excellent ways to prevent tick bites.



Most people are exposed to infected ticks from May-July in wooded, brushy habitat



Secondary measures include wearing tick gaiters and wrapping duct tape around wrists and ankles. Light colored clothing can help you spot crawling ticks more easily.



Both the black-legged adult female tick and nymph can transmit disease



- 2 Check yourself for ticks immediately after outdoor activities and remove any crawling or attached ticks promptly.**
- 3 Change clothes and put field clothes in the dryer for 1 hour to kill ticks. Take a shower as soon as possible after outdoor activities. Scrub and towel-off briskly.**
- 4 Check your body daily for ticks when you've been outdoors in wooded and brushy areas.**
- 5 Report tickborne illness symptoms to your supervisor immediately and visit a clinic.**



Using Permethrin Effectively

Permethrin treatments for clothing are an excellent way to repel ticks and prevent bites. The Minnesota Dept. of Health recommends treated clothing as a very effective way to reduce exposures to tickborne illness. One application will protect for several weeks.



[Click here](#) to read and print the Repel® clothing treatment LABEL and SAFETY DATA SHEET

Using permethrin is easy and safe. You just have to read and follow the product instructions!

1. Select a well-ventilated outdoor area protected from the wind. Lay out the clothing to be treated.
2. Hold container about 6-8 inches from clothing surface and spray one side of clothing for 60 seconds with a sweeping motion to lightly dampen the material.
3. Turn clothing over and repeat.
4. Hang to dry for at least two (2) hours, or up to four (4) if it's humid.
5. Re-treat as needed according to the manufacturer's instructions.



Is Permethrin "Safe"? Consider this: it's the same ingredient in lice treatments applied directly to children's scalps. The concentration in clothing treatments is 0.5%, while in lice treatments applied directly to the skin, it's 0.33%.

Pay special attention to pants cuffs, shirt cuffs, waistband and socks. Don't forget to treat tick gaiters and footwear.

REMEMBER!

NEVER spray permethrin on bare skin, or spray clothing while wearing it.

NEVER allow spray to contact food or water supplies.

Don't allow contact with treated surfaces until the spray has dried.

For further protection, use an insect repellent on the skin and other preventive measures, such as tick gaiters.

Factory-Treated Clothing

This clothing is registered in the U.S. by the EPA. All tests conducted by the EPA show that this clothing is unlikely to pose any significant acute or chronic hazard to people wearing it. Based on the EPA's review of scientific studies, this clothing is also safe for women who are pregnant and nursing.

Read the pesticide label "hang tag" on the clothing and follow the manufacturer's instructions for washing.

[Click here for more information on treated clothing from the EPA.](#)



TICK-BORNE DISEASE

Signs and Symptoms



The following are the most common tick-borne illnesses diagnosed in Minnesota. If you are bitten by a blacklegged tick, take quick action to remove it and watch for signs and symptoms of illness.

If you begin to feel ill, tell your supervisor and visit a clinic as soon as possible.

Lyme Disease

The infected tick must be attached for 24-48 hours to transmit the disease.

Within 30 days after working in wooded or brushy habitat:

- Distinctive bulls-eye shaped rash or multiple rashes
- Fever
- Chills
- Headache
- Muscle and Joint Pain
- Fatigue

Other symptoms that may appear:

- Facial paralysis on one side
- Stiff neck
- Irregular heartbeat
- Dizziness and heart palpitations
- Persistent weakness and fatigue
- Weakness, numbness or pain in arms and legs

Anaplasmosis

The infected tick must be attached for 36-48 hours to transmit the disease.

Within 3 weeks after working in tick habitat, look for:

- Fever above 102 degrees
- Severe headache
- Muscle aches
- Chills and shaking

Other symptoms that may appear:

- Nausea
- Vomiting
- Loss of appetite
- Abdominal pain

Babesiosis

The infected tick must be attached for 36-48 hours to transmit the disease.

Within 9 weeks after working in tick habitat, look for:

- Fever
- Headache
- Loss of appetite
- General malaise

Other symptoms that may appear:

- High fever
- Chills
- Muscle aches
- Nausea
- Vomiting

MOST PEOPLE DO NOT KNOW THEY WERE BITTEN.

Watch for these signs and symptoms if you have been outdoors in wooded or brushy areas.

HOW TO SAFELY REMOVE AN EMBEDDED TICK

1. Grasp the tick close to the skin with a pair of tweezers.
2. Pull the tick outward slowly, gently, and steadily.
3. Don't squeeze the tick.
4. Use antiseptic on the bite.

