

Ticks

Protect yourself



Ticks can spread Lyme disease and several other tickborne diseases here in Minnesota.

What to do

Protect yourself from tick bites.

- Be aware of the risk for tick bites when around wooded or grassy areas, especially May through July.
- Use EPA-registered bug spray, such as 20-30% DEET or 0.5% permethrin. Follow instructions on the product label.
- Check frequently for ticks (at least once a day) after being outdoors. Inspect your entire body, especially hard-to-see areas such as the hairline, groin, and armpits. Remove any crawling or attached ticks as soon as possible.

What to know

Ticks are often found in wooded or grassy areas. Ticks search for a host near ground level and are very small – adults are about the size of a sesame seed and nymphs (young ticks) are about the size of a poppy seed. In Minnesota, the months of greatest risk for being bitten by a tick are April through July and September through October.

After spending time around wooded or grassy areas, watch for symptoms and contact your doctor if you get sick with:

- Rash
- Fever or chills
- Muscle or joint pain

For more information

- **Minnesota Department of Health**
<http://www.health.state.mn.us/ticks>



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Visit us at www.health.state.mn.us

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