



TICK CHECKS AFTER YOU COME INDOORS

Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks effectively.

Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick-infested areas, which even includes your back yard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks:

- Under the arms
- In and around the ears
- Inside belly button
- Back of the knees
- In and around the hair
- Between the legs
- Around the waist

What to Do if You Find an Attached Tick

Remove the attached tick as soon as you notice it by grasping with tweezers, as close to the skin as possible, and pulling it straight out. For detailed information about tick removal, see the [tick removal page](#).

Watch for signs of illness such as rash or fever in the days and weeks following the bite, and see a health care provider if these develop. Your risk of acquiring a tick-borne illness depends on many factors, including where you live, what type of tick bit you, and how long the tick was attached. If you become ill after a tick bite, see a health care provider.

Prevent Ticks on Animals

Use tick control products to prevent family pets from bringing ticks into the home. Tick collars, sprays, shampoos, or "top spot" medications should be used regularly to protect your animals and your family from ticks. Consult your veterinarian and be sure to use these products according to the package instructions. For more information on animals and health, see [Preventing Ticks on Your Pet](#).