

TICK BITE PREVENTION

Reduce your chances of getting a tickborne disease by using repellents, checking for ticks, and showering after being outdoors. If you have a tick bite followed by a fever or rash, seek medical attention.

Gardening, camping, hiking, and playing outdoors – when enjoying these activities, don't forget to take steps to prevent bites from ticks that share the outdoors. Ticks can infect humans with bacteria, viruses, and parasites that can cause serious illness.

See the [Ticks](#) site for more information about ticks found in the United States.

Diseases that you can get from a tick bite include (listed alphabetically):

- [Anaplasmosis](#)
- [Babesiosis](#)
- [Ehrlichiosis](#) *
- [Lyme disease](#)
- [Rocky Mountain spotted fever](#) *
- [Southern tick-associated rash illness](#)
- [Tick-borne relapsing fever](#)
- [Tularemia](#)

* Most dangerous in Tennessee

Other diseases that you can get from a tick in the United States include [Colorado tick fever](#) and [Powassan virus](#).

Before You Go Outdoors

- Know where to expect ticks. Ticks live in moist and humid environments, usually in wooded, brushy, or grassy areas. You don't have to visit the wilderness to come in contact with ticks. Many people get ticks in their own yard or neighborhood. Keeping grass trimmed and plants cropped around homes are good practices to prevent ticks.
- In the woods wear long sleeves and long pants tucked into socks. Treat clothing and gear with products containing permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings.
- Use [Environmental Protection Agency \(EPA\)-registered insect repellents](#) containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus, or 2-undecanone. EPA's helpful [search tool](#) can help you find the product that best suits your needs. Always follow product instructions.
 - Do not use insect repellent on babies younger than 2 months old.
 - Do not use products containing oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD) on children under 3 years old.
- Outdoor workers can find additional information at the NIOSH [Tick-borne Diseases Safety and Health Topic](#).