

Tick Bite Prevention Checklist



**County of Santa Clara
Vector Control District**
1580 Berger Drive
San Jose, CA 95112
Mon– Fri, 7:30 a.m. – 4:00 p.m.
(408) 918-4770 | www.sccvector.org
@sccvcd    

District Services

The District can assist with tick identification, but does not assist with testing ticks for diseases. For identification requests, please contact us via phone, email, or submit a service request online.

For tick testing for possible diseases, please contact the Santa Clara County Public Health Laboratory at (408) 885-4272.

What You Can Do to Protect Yourself From Ticks

Before heading outdoors into tick habitat, there are precautions you can take to keep ticks off of you and reduce the risk of a tick-borne disease.

Before Tick Habitat

- Apply effective tick repellent with at least 20% DEET on clothing and exposed skin, always following label instructions.
- Wear long pants, long sleeves, long socks, and closed-toe shoes. Tucking pants into socks adds another layer of protection.
- Wear light colored clothing to make it easier to spot ticks.

During Tick Habitat

- Stay in the middle of trails, avoiding contact with logs, tree trunks, grassy areas, fallen branches, and leaf piles.
- Periodically check yourself, children, and pets for ticks. If you find one crawling on you, brush it off. If you find one attached, remove it quickly.

After Tick Habitat

- Bathe/shower as soon as possible, or within two hours of leaving tick area to wash off ticks and find them more easily. Check under arms, inside of belly button, in and around ears, behind the knees, between legs, and on the scalp.
- Tumble dry clothes in dryer on high heat for 10 minutes to kill any ticks stuck on clothing.
- Examine any gear and pet harnesses for ticks. Ticks can hitchhike into homes.

Tick Removal

- Properly remove any attached ticks immediately by grabbing tick close to skin with tweezers, tick removal tool, or tissue. Pull tick upward with steady and even pressure. **Do not twist or jerk tick.**
- Wash your hands and bite-site with soap and water, and disinfect area. Apply antibiotic ointment or rubbing alcohol to bite-site.

Tick Disposal

- To dispose of a live tick you can flush it down the toilet, submerge in alcohol, or place it in a sealed bag or container. **Never crush a tick with your fingers.**