

TICK-BORNE ILLNESS PRECAUTIONS



While ticks are active in the summer, they will search for a human host during the winter when temperatures are above freezing. Taking certain precautions helps reduce risk of exposure to tick-borne illnesses.



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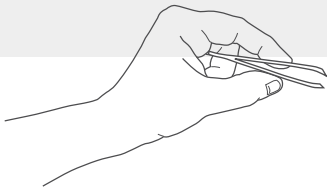
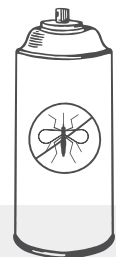
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**AVOID TALL GRASS AND DENSE BRUSH.
WEAR CLOTHING TREATED WITH
PERMETHRIN AND USE INSECT REPELLENT.**



2

**AFTER BEING OUTDOORS, CHECK
CLOTHING AND YOUR BODY FOR TICKS;
TAKE A SHOWER WITHIN TWO HOURS.**



3

**TO REMOVE AN EMBEDDED TICK, USE A
TWEEZER AND PULL UPWARD; DO NOT TWIST.
TAKE A PHOTO OF IT FOR IDENTIFICATION IN
CASE A RASH OR OTHER SYMPTOMS DEVELOP.**



Did You Know?

We advise employees about ways to prevent and relieve symptoms of work-related bites, stings, and rashes. Refer to this [fact sheet](#) to learn about tick-borne illnesses.

About WorkCare

WorkCare, Inc., is a U.S.-based occupational health, wellness, and absence management company. Be Your Best Self is our periodic work-related injury and illness prevention tip sheet for employers and employees.

To learn more, visit www.workcare.com.