

EHC Hikers,

When temperatures rise above 32°F deer ticks are active. If you have not been thinking about ticks recently, let me remind you, it's time to take action to prevent tick bites that can cause Lyme and other diseases. There are links below that include free photo I.D. of ticks and tick Lyme disease testing (\$15 currently). The information provided in this email was culled from the websites at the bottom.

TICK BITE PROTECTION- suggestions for your consideration (1 or 2 is a good start):

1. Go to your favorite store or online and buy Sawyers Permethrin 24 oz. pump spray (about \$15-\$20) and spray your shoes once a month and socks every 6 washings. Tuck pants in socks. (at bottom is a link to permethrin information).

2. Spray shoes as per #1. Go to <https://www.bugbewear.com/> and purchase Merino Wool Trail socks or others of your choice (about \$16 a pair). Tuck pants in socks. Commercially treated socks/clothing are good for about 70 washings.

3. Spray pants or go to <https://www.bugbewear.com/> or <https://www.insectshield.com/> and purchase treated pants, maybe even a shirt. Or, send your own clothing to be treated at <https://www.insectshield.com/>. About \$10 per item/pair. Commercially treated socks/clothing are good for about 70 washings.

4. Tick Tips checklist:

1. Look. Check. Look!

2. Wear permethrin treated shoes and clothing.

3. Tuck pants in socks.

4. Use repellents containing DEET on skin.

5. At home, before sitting down, put clothes in dryer on high for 20 minutes (kills ticks).

6. Shower- look and feel for ticks.

MORE TICK PROTECTION INFORMATION-

The best protection against tick bites is permethrin treated clothing. Deer ticks do not jump on you. You must come in contact with them. They are most prevalent in grassy, leafy, moist, cool areas. Yes, they can be right in your yard. They are most often found near the ground but are known to climb higher on grasses or brush. Wearing treated shoes and socks is a good place to start. Adding treated pants and shirts all the better. Permethrin repels/kills ticks and repels other insects (below is a link to permethrin information).

Tick Information websites:

Tick information and link to UMass \$15 tick Lyme testing:

<https://www.capecodextension.org/ticks/>

Univ. of Rhode Island tick resource center:

<http://www.tickcounter.org/>

Send tick photo for I.D. Also tick Lyme testing link (Barnstable City resident: \$15)

https://tickcounter.org/tick_testing

Permethrin information:

<https://tickcounter.org/prevention/permethrin>

Treated clothing research information:

https://tickcounter.org/research/summer_clothing

Compiled from websites by:

Chuck Thompson

March 2019