We are pleased to announce the seventh issue of *Tick Talk*. You can count on each quarterly issue to feature tick facts, bite prevention tips, and other resources to prevent one bite from changing your life! Find the latest issues at [www.barnstablecountyhealth.org](http://www.barnstablecountyhealth.org).

This fall, the nymph ticks are growing into adults. All that growing means it’s time for another blood meal! The only thing scarier than Halloween is finding one of these pesky critters on your pant leg. Read on to uncover which bug sprays are most effective, discover yard management tips, and learn how to do a daily tick check.

### Most Effective Bug Sprays Against Ticks

- **15-30% DEET**
- **20% Picaridin**
- **30% Lemon Eucalyptus**
  *Not safe for children under 3*

### Fast Tick Facts

- **X2** — Annual tickborne disease cases have more than doubled from 2004 to 2016
- **5th** — Barnstable County has the 5th highest Lyme disease incidence
- **50,234** — Massachusetts had 50,234 tickborne disease cases from 2004 to 2016
- **4th** — Massachusetts was ranked 4th in the country for most tickborne disease cases between 2004 and 2016
Tips To Keep Ticks Out Of Your Yard

5-7’ Barrier of Wood Chips, Gravel, Mulch, Etc. Around Yard Perimeter

Remove Leaf Litter, Brush, And Fallen Birdseed

Keep The Lawn Short At 2”

Keep Shrubs, Bushes, And Plants Trimmed

Use Deer Fencing

Use Approved Pesticides in May, June, and October

How To Do A Daily Tick Check

Remember to check:

- In the hair and the hairline
- Back of the neck
- Behind the ears
- Armpits
- Elbows
- Waist
- Groin
- Back of the knees
- Between the toes

If You Find A Tick

Be sure to remove an attached tick with tweezers as soon as you notice it. Call your doctor and save the tick to have it tested. Circle the date on the calendar and keep track of any symptoms. For more information on tick testing visit www.tickreport.com.