Managing Ticks Around Your Home

• Install animal proof fencing. This prevents the host animals (e.g. bandicoots) coming into your yard where they can drop ticks.

• If there are tick prone areas around the home, install fencing to prevent children from entering those areas.

• Ticks do not like dry conditions! Keep overhanging foliage and leaf litter to a minimum and mow lawns regularly.

• Apply insecticides to areas where ticks occur, you may need the services of a professional pest controller. Ensure that ticks are mentioned on the insecticide label.

• Regularly treat pets to prevent ticks—ask your vet for advice; many dogs and cats die every year from tick paralysis.

For additional information
Please go to these useful websites:

www.tiara.org.au
www.allergy.org.au
www.allergyfacts.org.au
www.medent.usyd.edu.au

To make a donation to help fund our awareness and research programs for tick-induced allergies, please go to:

make-a-donation/

Then select: TiARA Fund (Tick Allergies) from the drop down menu to make your donation.

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Preventing Tick Bites

- Wear long-sleeved shirts and long pants when walking or working in areas where ticks occur
- Tuck pants into long socks
  Wear a wide-brimmed hat
- Wear light-coloured clothing, which makes it easier to see ticks
- After being outdoors, remove clothing and place clothes in a hot dryer for 20 minutes to kill ticks that may be on clothing
- Undress and check for ticks daily, checking carefully on the neck and scalp
- Use insect repellent, particularly ones containing DEET (such as Tropical RID®, Tropical Aerogard®, Bushmans®) or Picaridin (OFF!®)
- Use permethrin-treated clothing when exposed to ticks e.g. when gardening.

Managing Tick Bites

**ADULT TICKS**

Kill the tick where it is using an ether-containing spray. (Ask your pharmacist for suitable products.)

Then, either wait for it to drop off or seek medical attention for it to be removed taking care to not squeeze the tick because this would cause tick saliva to enter your body, increasing the risk of tick-induced allergies.

So:

- If you have been outdoors, don’t scratch anything that itches until you have a look at it.
- Don’t try “picking” a tick out of your skin with tweezers or other tick-removal gadgets.

**NYMPH and LARVAL TICKS**

Apply permethrin cream to kill these ticks

NB: There are limited data regarding permethrin use in pregnancy and it is not known whether it can be present in breast milk. During pregnancy, try to avoid exposure to ticks.