

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

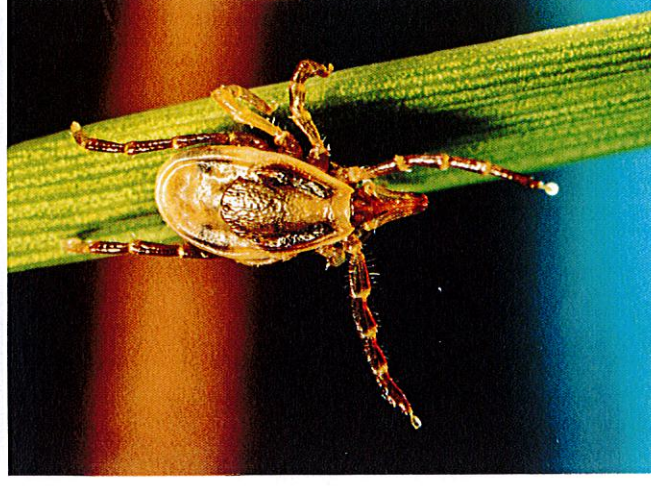
allergies, please go to:

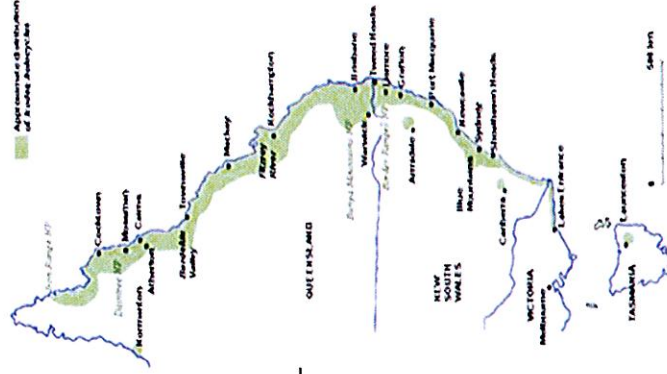
www.fundraising.com.au/store/donate/

make-a-donation/

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

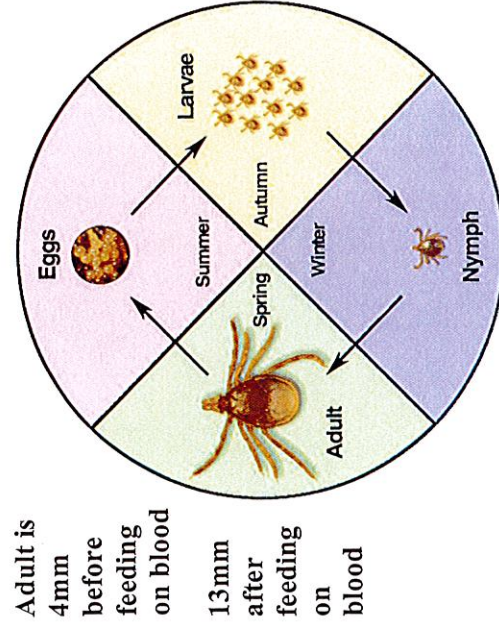
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Distribution of
Ixodes holocyclus—
the Australian
paralysis tick

Life cycle of *Ixodes holocyclus*



Illustrations courtesy of Stephen Doggett, Dept of Medical Entomology, University of Sydney, Westmead

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

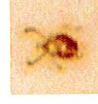
Kill the tick where it is

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.