

TICK PREVENTION

2025

CALENDAR



Pennsylvania
Department of Health



What are ticks?

Ticks are arthropods. They have eight legs, like a spider. The only food source of ticks is blood. Ticks cannot fly or jump; they crawl.

Signs & symptoms of tickborne diseases

Most tickborne diseases begin with flu-like symptoms: fever, chills, headache, muscle, and joint aches. However, most tickborne diseases occur in the summer when the flu does not circulate. If you have flu-like symptoms, especially without respiratory symptoms, seek medical care as soon as possible.

People with Lyme disease usually, but not always, have a rash at the site of the tick bite. It may look like a bull's eye, but it may be round or oval. It may appear red, purple, or blue on fair skin; on darker skin tones it may appear brown, black or white.

Later tickborne disease symptoms may include blood irregularities like anemia, liver test abnormalities, thrombocytopenia, and leukopenia. All bacterial and parasitic tickborne diseases are treatable. Viruses are treated with supportive care.

Ticks in Pennsylvania

DEER TICKS

Deer ticks are the most common ticks in Pennsylvania. These are the ticks that can transmit the bacteria that causes Lyme disease, anaplasmosis and *Borrelia miyamotoi* disease. They can also transmit the parasite that causes babesiosis, and Powassan virus.



Three life stages of deer ticks (L-R): Nymph, Adult, Larvae



US Army Public Health Center

DOG TICKS

Dog ticks are the second most common tick in Pennsylvania. Dog ticks can transmit the bacteria that causes Rocky Mountain spotted fever.



US Army Public Health Center

LONE STAR TICKS

Lone star ticks are becoming more common in Pennsylvania. These ticks can transmit the bacteria that causes ehrlichiosis and viruses like Heartland virus and Bourbon virus, and may cause alpha gal allergy or meat allergy.



Centers for Disease Control and Prevention, <http://phil.cdc.gov/phil/>



© Allison Young, DermAtlas: <http://www.dermatlas.org>



Tick Prevention

Although there are different types of ticks in Pennsylvania, these prevention strategies work for all types of ticks.

TREAT CLOTHING WITH PERMETHRIN

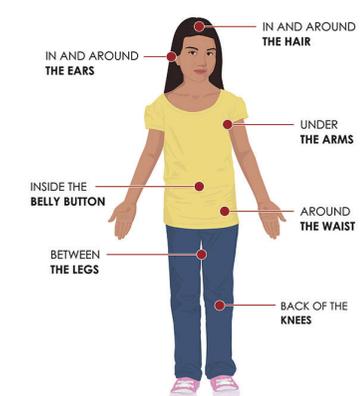


TREAT CLOTHES, SHOES, AND GEAR WITH PERMETHRIN.

Permethrin is a chemical that kills ticks on contact. Treat the shoes and clothing you will be wearing outdoors, as well as gear you may use for camping or hunting, with permethrin to prevent tick bites. Consider spraying your yard, work, and gardening shoes, along with sleeping bags, tents, socks, and clothing with permethrin. Follow the directions on the bottle.

APPLY INSECT REPELLENT

Before going outside, apply insect repellent to your skin and the outside of your clothes. Follow the directions on the bottle and spray the repellent all over. Look for ingredients that have been shown to prevent bites like DEET, picaridin, oil of lemon eucalyptus (OLE), IR3535, or para-menthane-diol (PMD). If using both sunscreen and insect repellent, apply your sunscreen first.

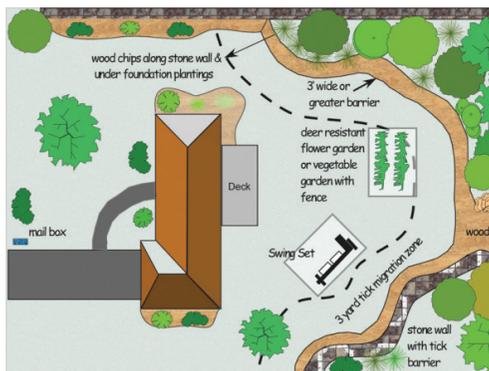


CHECK FOR TICKS

A tick typically needs to be attached for hours or even days before it transmits bacteria, so checking for ticks is a very important part of tickborne disease prevention. When you are engaging in outdoor activities, check for ticks regularly. When you come inside, take a shower to remove ticks that haven't bitten yet and do a thorough tick check. Keep in mind that children and other dependents may need help with tick checks.

PREVENT TICKS ON PETS

Dog owners are more likely to get Lyme disease than people who do not own dogs. Dogs may be bitten by ticks and get Lyme disease themselves, and they may bring ticks into the home that bite people in the home. Ask your vet about the best way to prevent ticks in pets. Permethrin-treated collars may be a good option for dogs, but cats are very sensitive to chemicals, so ask your vet before using any tick prevention products on cats. Dogs may also get vaccinated for Lyme disease. Don't forget to do tick checks on pets.



TICK PREVENTION IN THE YARD

Using pesticides in the yard may minimize the number of ticks in your yard. Landscaping strategies may also minimize ticks in the yard. Consider a mulch border between the woods and your yard if your yard borders or includes a wooded area. Minimize leaf piles. Keep wood piles neat. Keep grass, weeds and shrubbery trimmed. Remove trash from the yard. Keep play areas and decks or patios away from wooded areas. Remove Japanese barberry bushes from the yard.

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2025 JANUARY

FEBRUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Martin Luther King Jr. Day	21	22	23	24	25
26	27	28	29	30	31	

Begin planning how you will prevent tick bites when the weather warms and you begin spending more time outdoors. Are there any landscaping changes you can make to limit ticks in your yard?

Consider:

- Adding mulch borders between your yard and the woods
- Removing Japanese barberry bushes from your yard
- Cleaning up wood piles & moving them away from where children & pets play
- Removing leaf piles

LOWEST

LOW

MEDIUM

HIGH

HIGHEST

4 Steps to Tick Safety

Permethrin

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Insect repellent

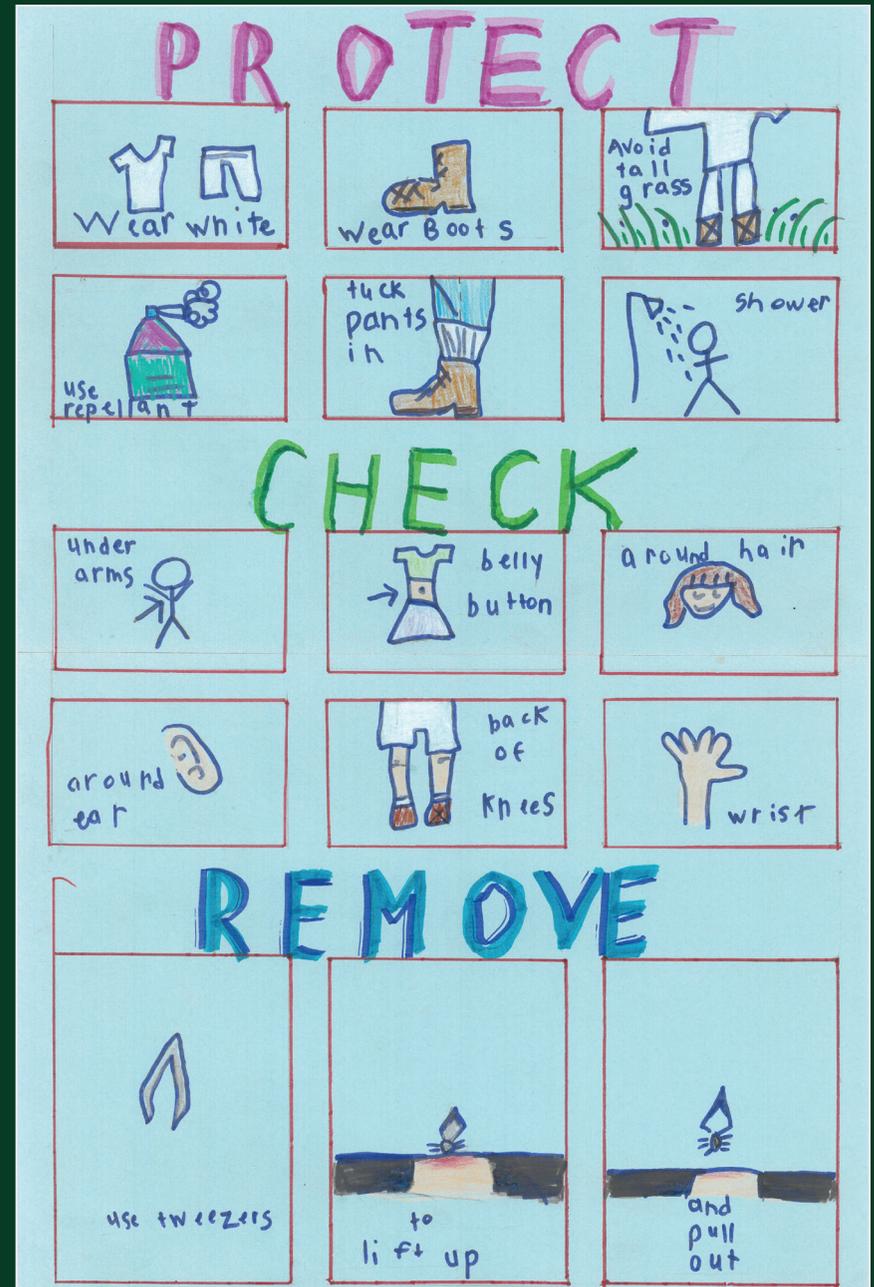
Apply insect repellent all over yourself before going outdoors. Use an EPA registered insect repellent that is effective for tick prevention.

Tick checks

Conduct a thorough tick check after spending time outdoors. Remove any ticks you find as soon as possible.

Signs and symptoms of tickborne diseases

Watch for signs and symptoms of tickborne illnesses, including Lyme disease, like rashes, fever, chills, headache, joint and muscle aches. See a health care provider if you suspect a tickborne illness, even if you don't remember being bitten by a tick.



Valkyrie | Grade 2 | Berks County

2025 FEBRUARY

MARCH

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Groundhog Day	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day	15
16	17 Presidents Day	18	19	20	21	22
23	24	25	26	27	28	

As the weather begins to warm, adult deer ticks may be emerging. Spring is when they lay eggs. Begin making your yard less tick friendly and purchasing insect repellent and permethrin. If you have pets, talk to your vet about the best ways to prevent ticks and tickborne diseases in pets this season.

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Waylon | Grade 1 | Wayne County

2025 MARCH

APRIL

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
Daylight Saving Begins						
16	17	18	19	20	21	22
	St. Patrick's Day					
23	24	25	26	27	28	29
30	31					

Many tick encounters are reported in April. Adult deer ticks are out and many are seeking hosts. This is also when people spend more time outdoors and begin doing yard work and spring planting. Yard work and gardening are high risk for tick bites. Remember to practice all prevention strategies when you spend time outside.

LOWEST

LOW

MEDIUM

HIGH

HIGHEST

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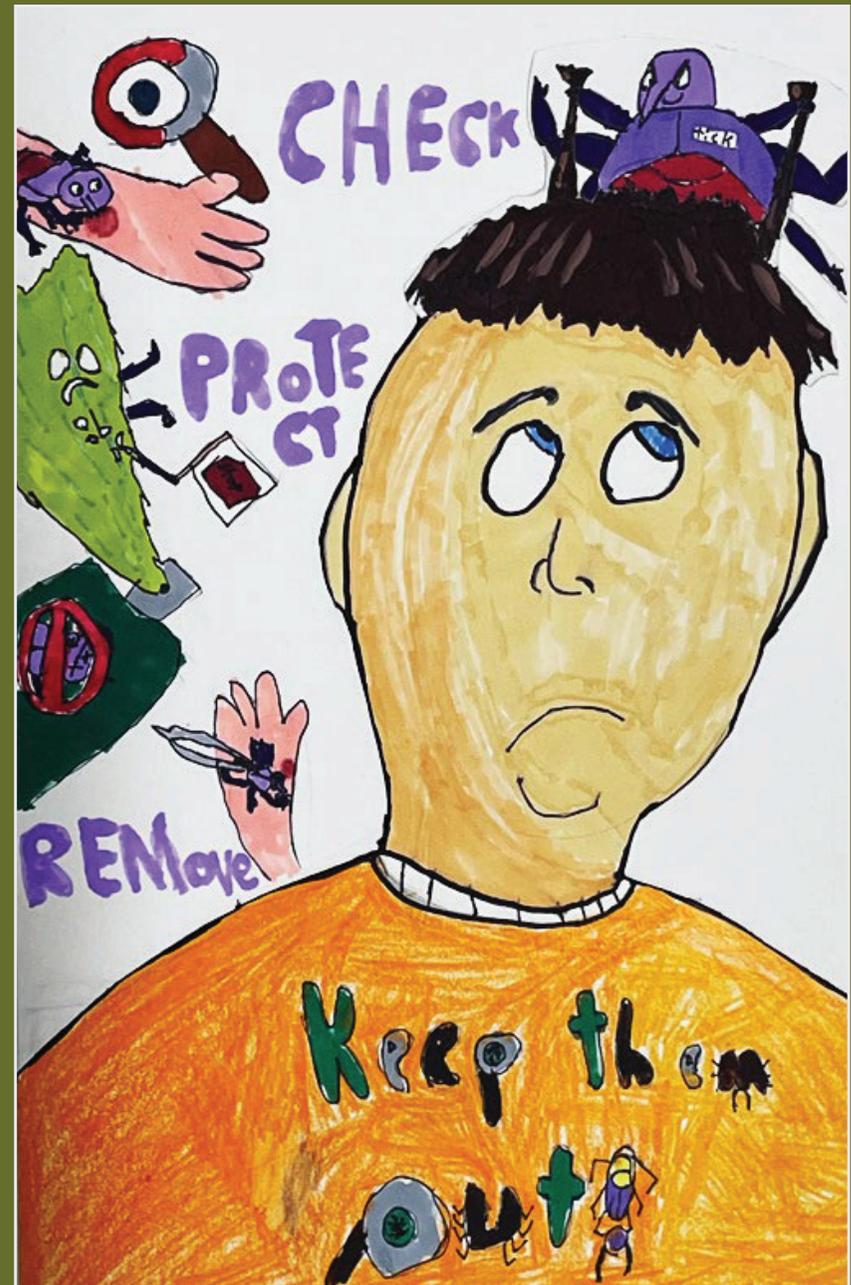
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Destrey | Grade 4 | Greene County

2025 APRIL

MAY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
Easter		Earth Day				
27	28	29	30			

May is Lyme Disease Awareness Month. This is when we begin to see Lyme disease cases increasing in Pennsylvania. As the weather warms, people spend more time outdoors and nymphal deer ticks emerge. Practice all prevention strategies when spending time outdoors.

LOWEST

LOW

MEDIUM

HIGH

HIGHEST

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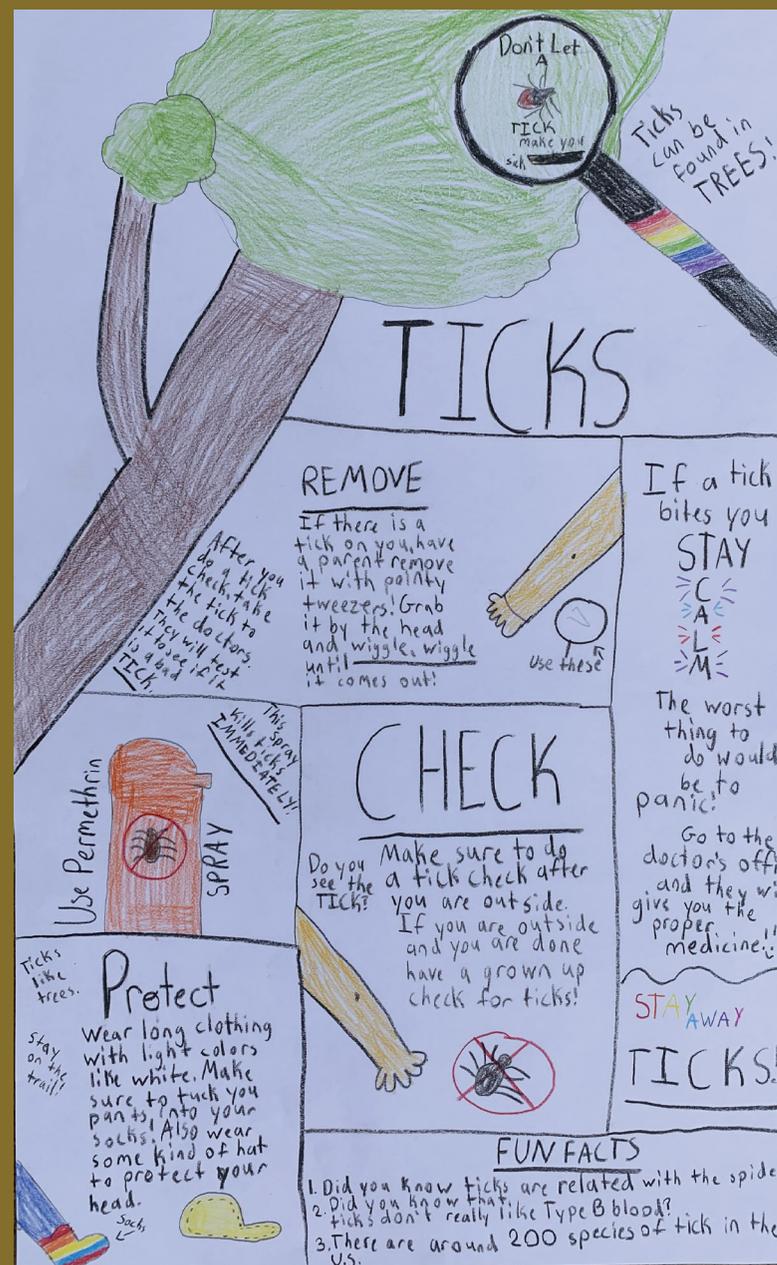
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Lennox | Grade 4 | Juniata County

2025 MAY

JUNE

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Cinco de Mayo	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26 Memorial Day	27	28	29	30	31

June is the peak month for Lyme disease. Nymphal deer ticks are responsible for most Lyme disease cases reported in Pennsylvania. Nymphal deer ticks are very tiny and can be hard to see with casual tick checks. Nymphal deer ticks can look like a freckle. Be sure your tick checks are thorough and you look and feel for ticks. Practice all prevention strategies when spending time outdoors.

LOWEST	LOW	MEDIUM	HIGH	HIGHEST
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Signs and symptoms of tickborne diseases

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What's a Tick?

- ★ A tick is an arachnid that has 8 legs.
- ★ They live in tall grass and in low shrubs.

Why Do We Care?

- Children are at a higher risk than adults for being bitten.
- PA is a leading state of Lyme disease.

If you protect and check, you won't remove!

PROTECT
Treat clothing with repellent.

CHECK
Check your body carefully for any ticks.

REMOVE
Remove before they start to suck your blood and you get bacteria in your body.

NO TICKS

Bull's Eye Rash

2025 JUNE

JULY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
					D-Day	
8	9	10	11	12	13	14
						Flag Day
15	16	17	18	19	20	21
Father's Day				Juneteenth		
22	23	24	25	26	27	28
29	30					

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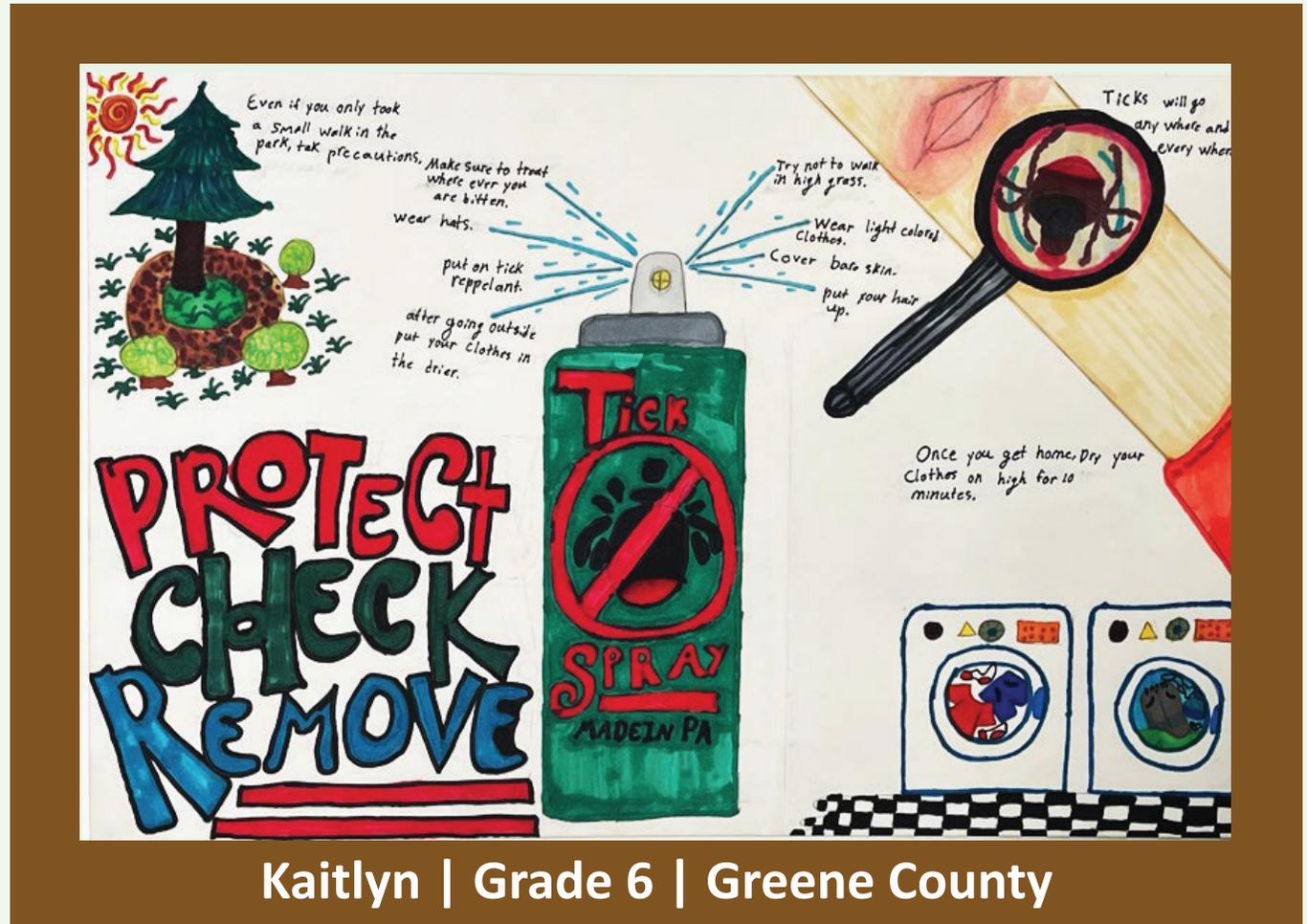
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Kaitlyn | Grade 6 | Greene County

Nymphal ticks are still in the environment and tick checks should continue to be thorough. Remember to help children and older adults with tick checks. Conduct tick checks on your pets. Dogs may get Lyme disease. Cats do not get Lyme disease but could get other tickborne diseases. Any pets that spend time outdoors can carry ticks inside. Practice all prevention strategies when spending time outdoors.

LOWEST

LOW

MEDIUM

HIGH

HIGHEST

2025 JULY

AUGUST

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Independence Day	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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Tick Prevention

Check your Pets for Ticks

Watch for signs of Illness

Wear Insect Repellent

Check your body for ticks

Avoid high grass. Stay on Trails.

Tuck pant legs in when possible

Luzerne County | Addyson | Grade 5

August is when tick eggs hatch into larvae. Most larvae hatch pathogen free, meaning they aren't carrying any diseases. Caution should still be taken for any nymphs that remain and as adult ticks begin to emerge again. Continue to practice all prevention strategies when spending time outdoors.

LOWEST

LOW

MEDIUM

HIGH

HIGHEST

2025 AUGUST

SEPTEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Most ticks are molting in September and not much of a risk to people. But, as fall begins, adult ticks emerge and leaves begin to fall. Ticks prefer areas that are not in direct sun and have some cover so they do not dry out. Ticks can often be found in leaf litter. Be sure to clean up leaves in your yard or avoid areas covered in leaves. Continue to practice prevention strategies when you spend time outdoors.

LOWEST

LOW

MEDIUM

HIGH

HIGHEST

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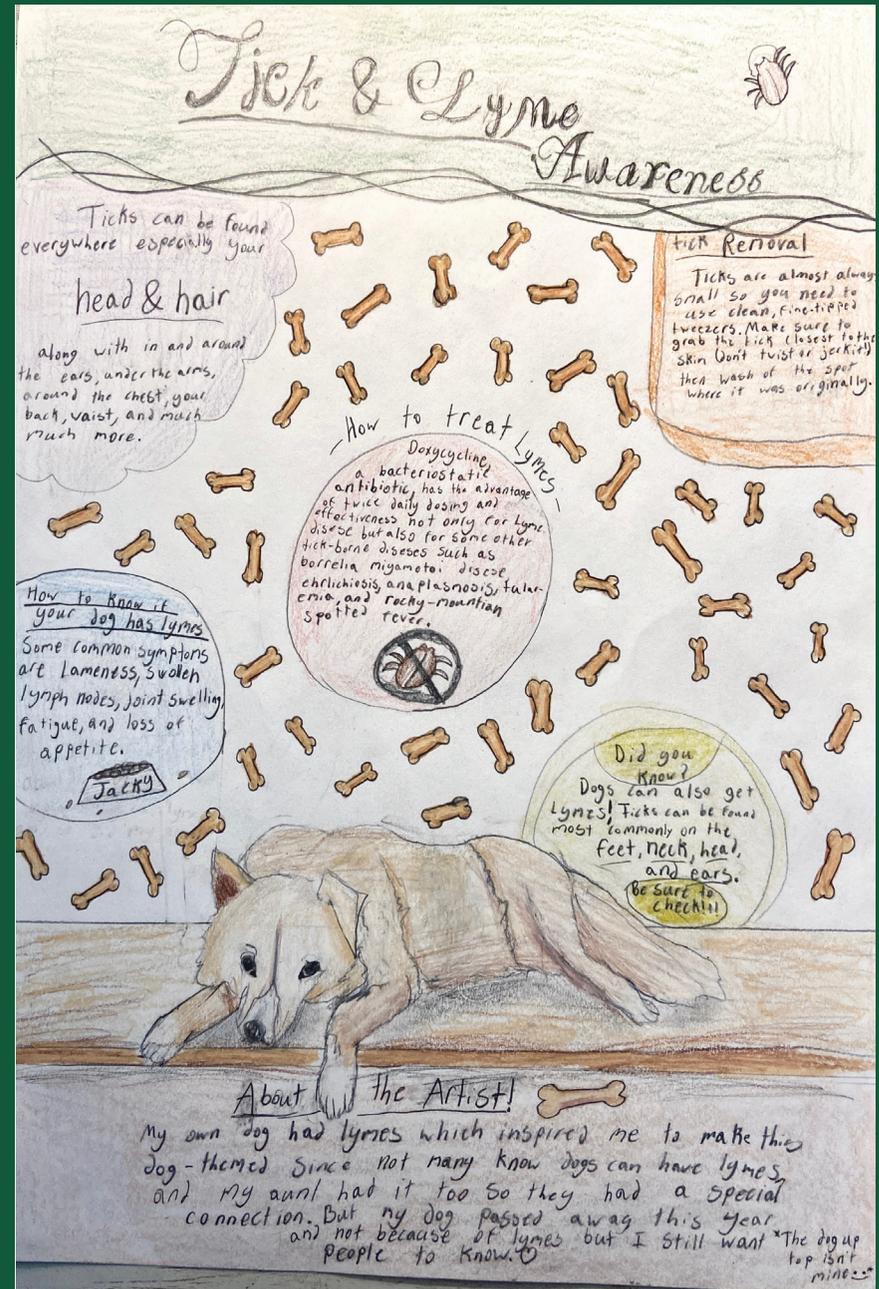
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Caia | Grade 6 | York County

2025 SEPTEMBER

OCTOBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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Lyme Disease

What's Lyme Disease?
Lyme disease is an illness caused by bacteria. Humans usually get Lyme disease from the bite of a tick carrying the bacteria.

How to prevent it?
• Avoid tall grass.
• Wear long pants to provide better barrier than shorts.
• Use repellent.

The disease can be spread when an infected tick bites a person and stays attached for a period of time.

Grey | Grade 6 | Luzerne County

Adult ticks are very active in October. You may encounter them on fall hikes, while doing yard work and cleaning up your yards and gardens for the winter. Continue using prevention strategies. Adult ticks are larger than nymphs so it will be easier to see when you do tick checks.

LOWEST

LOW

MEDIUM

HIGH

HIGHEST

2025 OCTOBER

NOVEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13 Indigenous People's Day / Columbus Day	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Halloween	

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Preventing Lyme Disease

What are ticks?

Ticks are an arachnid. They have 8 legs like a spider.



When ticks are adults, they are about the size of a sesame seed.

Where do ticks live?

Ticks can be in your backyard!

Ticks live in trees

Ticks live in low shrubs and tall grass.



How to avoid ticks!

Nice and cozy hat

long sleeves

socks

long pants
shoes

Bye! no more ticks!



Why?

We need to prevent Lyme disease. It's bad. You feel very achy. You might have to go to the hospital!



Reagan | Grade 3 | Delaware County

Adult ticks may still be active, so take care if you are spending time outdoors, especially on warmer days. You may still find ticks on the edges of hiking trails, while doing yard work and other outdoor work and leisure activities.

LOWEST

LOW

MEDIUM

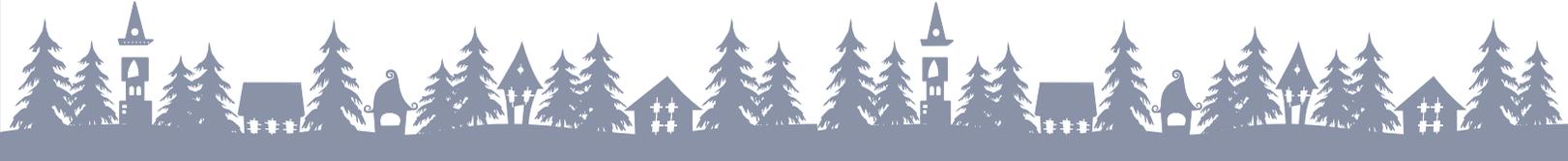
HIGH

HIGHEST

2025 NOVEMBER

DECEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Daylight Savings Ends	3	4 Election Day	5	6	7	8
9	10	11 Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Thanksgiving	28	29
30						

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Treat It Correctly

wear Bug Repellent

Be Careful

CARE

Lyme

Be Alert

doesn't mean Lime

Lyme is a disease caused by ticks.

If Lyme disease is left untreated the infection can spread to joints, the heart, and the nervous system.

Mia | Grade 5 | Luzerne County

Tick risks decrease overall in December. But, if you are a hunter, be sure to use all tick prevention strategies when hunting. Ticks are active in the same areas as deer, so you may be at higher risk for tick bites while hunting, even when it's cold.

LOWEST

LOW

MEDIUM

HIGH

HIGHEST

2025 DECEMBER

JANUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Christmas		

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Find out more at health.pa.gov

