

Tick Bite Prevention Week!

March 23 – 27, 2026

#ILTickBitePreventionWeek



IDPH Facebook Post: 3/24/26

Ticks are active in Illinois, and they're not picky about where they bite. 🕷️

If you're spending time outdoors hiking, gardening, or mushroom hunting, a few simple precautions can help prevent tick bites and reduce your risk of illnesses like Lyme disease and alpha-gal syndrome.

- ✓ Use insect repellent with DEET or picaridin
- ✓ Wear light-colored clothing and tuck pants into socks
- ✓ Walk in the center of trails and avoid tall grass
- ✓ Check yourself, your kids, and pets for ticks daily
- ✓ Shower after spending time outdoors

If you find a tick, remove it quickly and watch for symptoms like a rash or fever. Contact your doctor if you develop unexplained illness after a tick bite.

Learn more about tick bite prevention and what to watch for below.

#ILTICKBitePreventionWeek

Pictures on next slide!



person wearing light-colored clothing, long sleeves, and using repellent

person taking no tick prevention steps



ticks



Ticks are active now in Illinois.



A few simple steps can protect you and your family when spending time outdoors.

Don't skip the bug spray.

Apply insect repellent with DEET or Picaridin

and use as directed on exposed skin and clothing before heading outside.



Dress for protection.

Wear long sleeves and long pants.

Light colored clothing helps you spot ticks easier.

Tuck pants into socks when in tall grass or woods.

Consider permethrin-treated clothing for extra protection.



Stick to the trail.

Walk in the center of trails.

Avoid tall grass, brush, and leaf litter.

Take extra precautions when hiking or mushroom hunting.



Don't forget a tick check.

After time outdoors:

Check skin, hair, and clothing.

Look closely at behind knees, under arms, scalp, and waistline.

Shower soon after coming indoors.



Ticks hitchhike home.

Check pets after outdoor time too.

Wash or dry outdoor clothing.

Remove ticks from clothing before entering the home.



Ticks can spread disease.

Ticks in Illinois can carry illnesses like

Lyme disease and alpha-gal syndrome.

If you develop a rash, fever, or flu-like symptoms after a tick bite, contact your doctor.



If you find a tick on you:

Remove it right away.

1. Use fine-tipped tweezers.
2. Pull straight up slowly.
3. Clean the area with soap and water.

Early removal reduces disease risk.



IDPH Instagram Post: 3/24/26

Illinois, we love spring, but it's the 🎵 season of the ticks. 🎵

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Pictures on next slide!



don't swipe



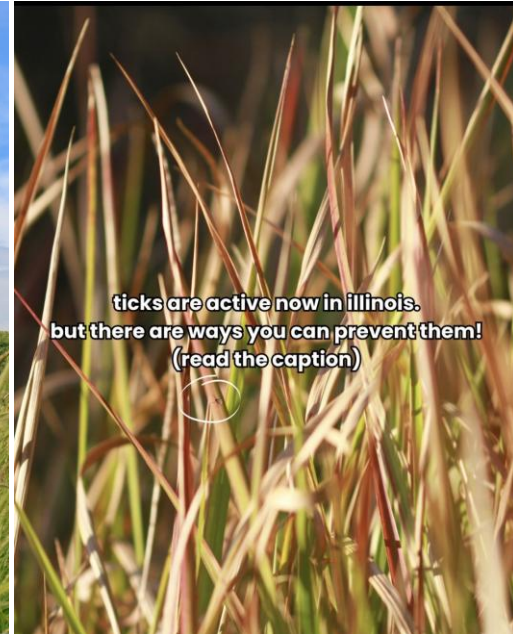
no, seriously



why are you still swiping



now that it's just you and me...



**ticks are active now in illinois.
but there are ways you can prevent them!
(read the caption)**

🌿 🍄 Headed out to hunt mushrooms this spring? You're not the only one enjoying the warm weather – ticks are too! Don't forget to check for ticks after you pick. Stay safe and learn more about ticks in your area. #ILTickBitePreventionWeek



State of Illinois
Illinois Department of Public Health

After you pick, check for ticks!

Tick Safety Tips

1. Wear an EPA-approved bug repellent such as DEET, picaridin, or IR3535.
2. Treat clothing with products containing permethrin and allow clothes to dry for 24 hours before wearing.
3. Tuck socks and pants into boots. Wear light colored clothing so ticks can be easily seen.
4. Remove clothing and place in a hot dryer for 15 minutes after coming indoors.
5. Shower to remove any loose ticks and check your body for attached ticks.
6. Remove ticks with tweezers. Pull up with a steady pressure, don't squeeze.
7. Contact your doctor if you experience any of the following symptoms: fever, rash, body aches, headache, or chills.

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Mushroom image - IDNR

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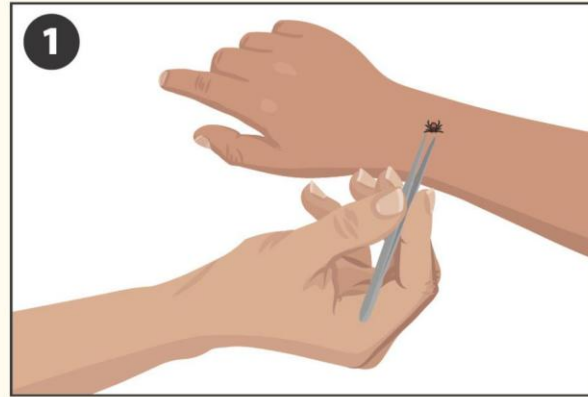
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Found a tick on your skin?

Here's how to remove it.



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If you find a tick on your skin, remove it as soon as possible.

Don't wait to go to the doctor. The longer you wait to remove it, the higher the chance of getting a disease through tick bites, or a tickborne disease.

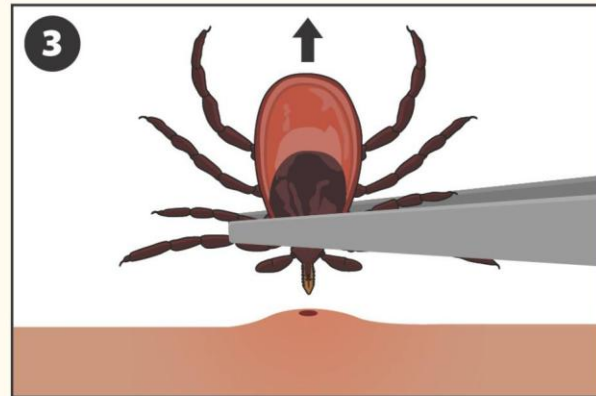
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Grasp the tick as close to the skin's surface as possible using fine-tipped tweezers.

If you don't have fine-tipped tweezers, regular tweezers or your fingers can work. *Do not use petroleum jelly, heat, nail polish, or other substances to try to remove the tick.*

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Pull the tick away from the skin with steady, even pressure. Don't twist or jerk the tick.

Dispose of the live tick by: placing it in a sealed container; wrapping it tightly in tape; flushing it down the toilet; or putting it in alcohol. *Do NOT crush the tick with your fingers.*

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After removing the tick, thoroughly clean the bite area and wash your hands with soap and water.

When you find one, there may be others. Do a careful tick check of your whole body to look for other ticks.

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Find an attached tick?
Follow these steps for
proper tick removal.
#ILTICKBitePreventionWeek

Stay safe from ticks
this #ILTickBitePreventionWeek
and all spring and summer long
with these top tips! Can you
collect them all?



Don't let a tick make you sick. Be aware this #ILTickBitePreventionWeek

Ticks live close to the ground where there is tall grass, shrubs, and leaves. They wait for an animal or human to walk by to grab on to. You may come in close contact with ticks while doing outdoor activities in tick habitats, like camping, fishing, hiking, mushroom hunting, or walking your dog. 🍄 🥾 🌲

Wear insect repellent that contains DEET and stay out of wooded areas and places with tall grass and weeds. If you go where ticks live, wear long sleeves, long pants, and walk in the center of trails. When you come back inside, check yourself (and your pets) for ticks. 🦋

Pictures on next slide!



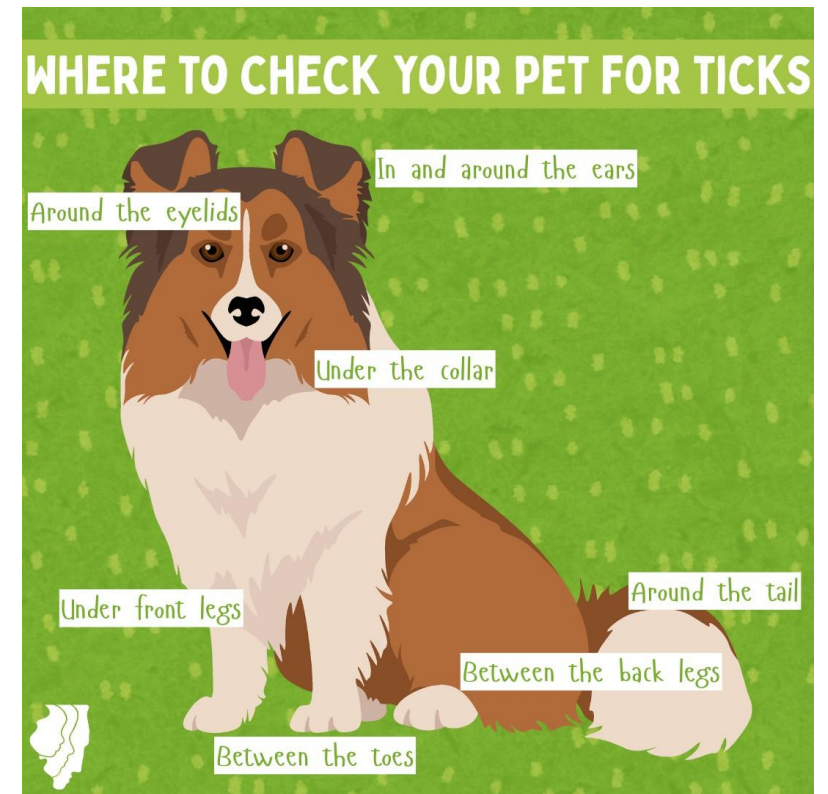
Help say bye, bye, bye to ticks
this spring and summer
#ILTICKBitePreventionWeek



Your furry friends can bring home unwanted visitors from their outdoor adventures!

Ticks like to hide in sneaky spots – behind ears, under collars, between toes, and even around the tail. Always give your pet a check after walks, hikes, or playtime outside. 🕵️

🐾 A quick check can help protect your whole family from tick-borne illnesses!
#ILTICKBitePreventionWeek

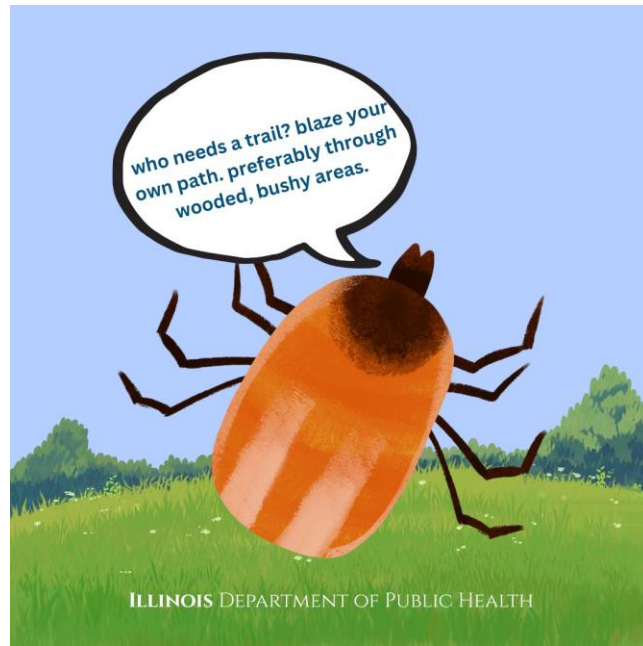
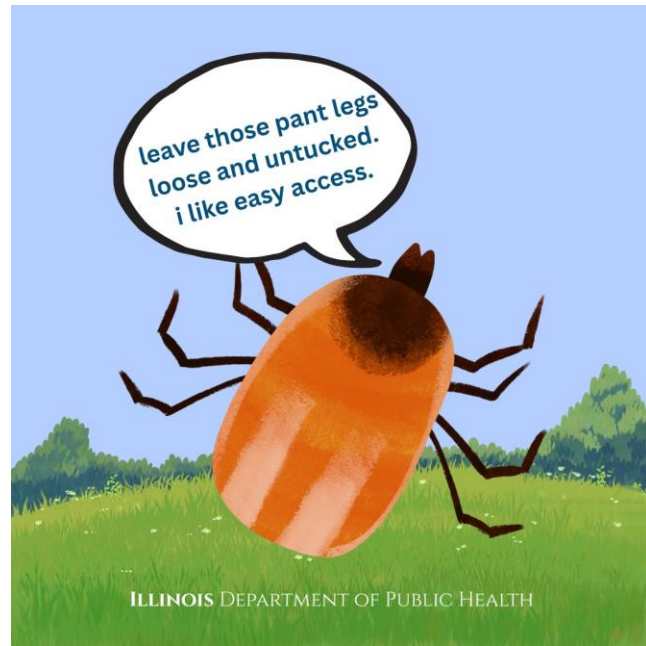


POV: You're a tick trying to ruin someone's day.

Bad advice from your local bloodsucker aside, you can take control this #ILTickBitePreventionWeek

- Walk in the center of trails
- Use EPA-registered insect repellents
- Tuck pants into socks and wear light-colored clothes
- Do regular tick checks after spending time outdoors
- Shower within two hours of being outside

Pictures on next slide!



Fall Tick Post

- This time of year is great for planning a hike in Illinois! Make sure to carefully check your body (and your pets) for ticks after spending time outdoors this fall. 🍁
- ¡Esta época del año es excelente para planificar una caminata en Illinois! Asegúrate de revisar cuidadosamente tu cuerpo (y el de tus mascotas) en busca de garrapatas después de pasar tiempo al aire libre este otoño. 🍁

