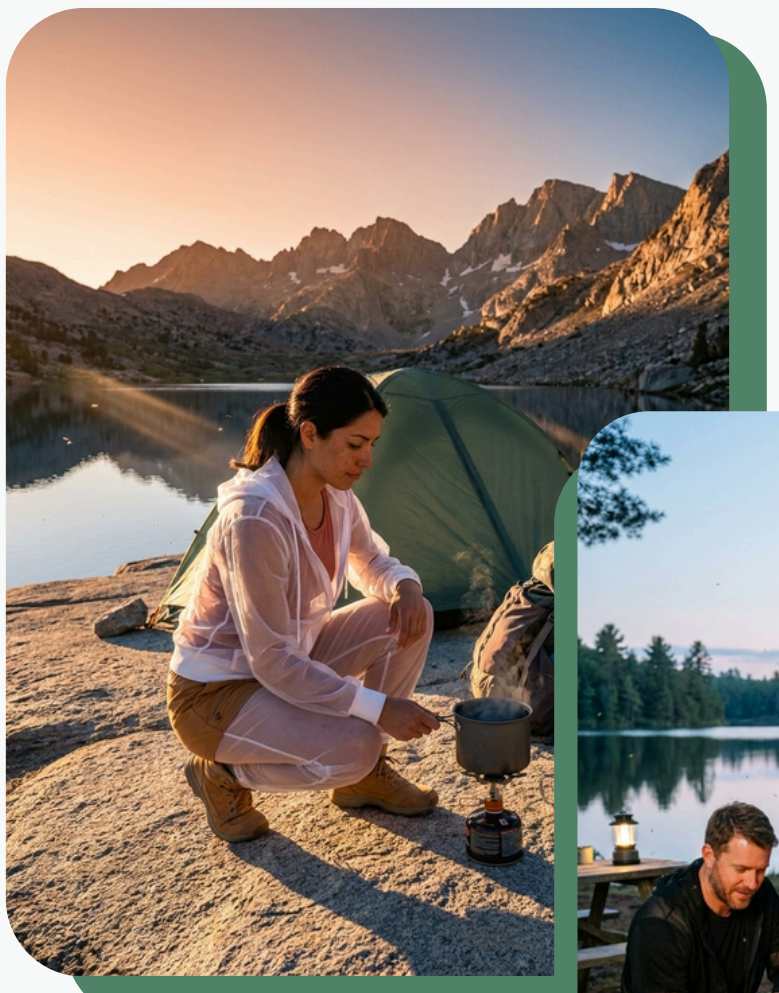
BUG AWAY

Bug-proof outdoor clothing

The Tick Safety Guide





Everything **you** need to know to protect **your family** outdoors

What's Inside?

1. Where ticks hide (and when they're most active)

2. How to check yourself, your kids and your pets

3. Chemical-free prevention methods that actually work

4. What to do if you find a tick

5. Understanding Lyme disease and alpha-gal syndrome

6. Season-by-season protection calendar

A free resource from Bug Away

bugawaygear.com

1. Where Ticks Hide

Ticks don't jump, fly, or drop from trees. They "quest" by climbing to the tips of grass and low brush
and waiting with their front legs extended for a warm-blooded host to walk by.

High-risk areas in your yard:

• Tall grass and unmowed lawn edges
• Leaf litter and ground cover
• Where lawn meets woods (the "transition zone")
• Around stone walls, wood piles and shaded fences
• Garden beds, especially near shrubs
• Under bird feeders (rodents attract ticks)

High-risk areas on the trail:

• Trail edges where vegetation brushes against you
• Meadows and clearings with tall grass
• Log crossings and rest areas
• Areas with deer activity (droppings, tracks)

Peak season: April through September, with nymphal ticks (the hardest to spot) most active May through July.

When are ticks most active?

Ticks are most active when temperatures are above 45°F (7°C) and humidity is high. Early morning
and late afternoon in shaded areas are peak questing times. They become dormant in winter in
most regions but can reactivate during warm spells.

2. How to Check for Ticks

A thorough tick check after every outdoor activity is your most important line of defense. Nymphal deer ticks are the size of a poppy seed and easily missed.

Check these areas (in order):

- Scalp and hairline (run your fingers through your hair)
- In and behind the ears
- Neck, especially the back
- Armpits
- Inside the belly button

- Waistline and belt area
- Groin and inner thighs
- Behind the knees
- Between the toes
- On and around ankles

Use a handheld mirror for areas you can't see. Shower within 2 hours of being outdoors. Tumble-dry your clothes on high heat for 10 minutes to kill any ticks hiding in fabric.

Checking kids:

Children are at higher risk because they play closer to the ground and in areas adults avoid. Check them immediately when they come inside, paying special attention to the hairline, behind the ears, and the waistband area. Make it a game so they learn the habit early.

Checking pets:

Run your hands over your dog's entire body after outdoor time, focusing on the head, ears, neck, and between the toes. Ticks on pets can transfer to humans in the home. Talk to your vet about tick prevention products for your animals.

3. Chemical-Free Prevention

Not everyone wants to spray DEET on their skin or treat their clothing with permethrin. Here are effective chemical-free methods:

Physical barriers:

• Noseeum-grade mesh clothing worn over regular clothes (like Bug Away) creates a physical barrier with openings too small for ticks to bite through
• Long sleeves and long pants tucked into socks reduce exposed skin
• Light-colored clothing makes ticks easier to spot
• Gaiters protect the ankle-to-knee zone where most ticks attach

Yard management:

• Keep grass mowed short (under 3 inches)
• Create a 3-foot gravel or wood chip barrier between lawn and woods
• Remove leaf litter, brush and wood piles near living areas
• Stack firewood in dry, sunny areas
• Keep playground equipment away from yard edges and trees
• Discourage deer with fencing

A mesh physical barrier is the only method that provides 100% chemical-free protection without needing reapplication. Bug spray wears off. Physical barriers don't.

4. What to Do If You Find a Tick

Stay calm. Not every tick carries disease, and prompt removal significantly reduces transmission risk for most infections.

Proper removal:

1. Use fine-tipped tweezers (not your fingers, not a match, not petroleum jelly)
2. Grasp the tick as close to the skin surface as possible
3. Pull upward with steady, even pressure. Don't twist or jerk
4. Clean the bite area with rubbing alcohol or soap and water
5. Save the tick in a sealed bag with a damp cotton ball (for identification if needed)
6. Note the date and location of the bite

See a doctor if: you develop a rash (especially a bullseye pattern), fever, joint pain, fatigue, or flu-like symptoms within 30 days of the bite.

What NOT to do:

- Don't squeeze the tick's body (this can push bacteria into you)
- Don't use nail polish, petroleum jelly, or heat to make it "back out"
- Don't wait. The sooner you remove it, the lower the risk

5. Tick-Borne Diseases

Lyme Disease

The most common tick-borne illness in North America. Caused by the bacterium Borrelia burgdorferi, transmitted by blacklegged (deer) ticks. The CDC estimates over 476,000 Americans are diagnosed annually. A tick typically needs to be attached for 36-48 hours to transmit Lyme, which is why daily tick checks are so effective.

Early symptoms: bullseye rash (in 70-80% of cases), fever, fatigue, headache, muscle and joint aches. If caught early, Lyme is treatable with antibiotics. Left untreated, it can cause chronic joint inflammation, neurological problems, and heart issues.

Alpha-Gal Syndrome

A tick-borne condition that causes an allergy to red meat, pork, dairy, and other mammal-derived products. Triggered by the Lone Star tick, which injects a sugar molecule (alpha-gal) into the bloodstream. Over 450,000 cases confirmed in the US. There is no cure and no treatment beyond strict avoidance of mammal products. Reactions can range from hives to anaphylaxis and typically appear 3-6 hours after eating.

Other tick-borne diseases:

Disease	Tick	Key Facts
Anaplasmosis	Blacklegged tick	Fever, headache, muscle pain. Treatable.
Babesiosis	Blacklegged tick	Attacks red blood cells. Can be severe.
Powassan Virus	Blacklegged tick	Can transmit in 15 minutes. Rare but serious.
Rocky Mountain Spotted Fever	American dog tick	Can be fatal without early treatment.
Ehrlichiosis	Lone Star tick	Fever, fatigue. Treatable with antibiotics.

6. Season-by-Season Protection

Season	Risk Level	What to Do
Spring (Mar-May)	HIGH	Adult ticks active. Begin tick checks. Wear protection for all outdoor activities.
Summer (Jun-Aug)	HIGHEST	Nymphal ticks peak. Hardest to spot. Maximum vigilance. Daily checks essential.
Fall (Sep-Nov)	MODERATE	Adult ticks active again before dormancy. Don't let your guard down on warm days.
Winter (Dec-Feb)	LOW	Most ticks dormant, but warm spells above 45°F can reactivate them. Stay aware.

Ready to protect your family?

Bug Away mesh clothing creates a physical barrier that ticks and mosquitoes cannot bite through.
No chemicals. No reapplying. Just protection that works.

Shop at bugawaygear.com

Use code **TICKSAFE** for 10% off your first order