

TICK PREP CHECKLIST FOR GOLFERS & MINI-GOLFERS



BEFORE TEEING OFF

- Spray skin with skin-safe tick repellent.
- Keep an extra skin-safe tick repellent in your (or your kid's) golf bag so you can reapply when needed (*check repellent directions for reapplication frequency*).
- Spray shoes, socks, shorts, shirts and your golf bag with Permethrin. Treated shoes and socks alone can reduce the chances of a tick bite by more than 70%! (**Follow treatment instructions carefully as Permethrin is not skin-safe!**) You can purchase pre-treated clothing at InsectShield.com.
- Tie up long hair.
- Keep a tick-removal kit in your car or golf bag.
- Remember to be tick smart while on the course. Here's how:



Avoid popular tick habitats. Stay away from downed logs, leaf piles, tall grass & weeds, stone walls and the base of trees.



Walk along paved paths through woods or grassy areas. Stick to the middle of paved paths as ticks hang out in the tall grass and weeds that border pathways. Ticks hang out knee/waist high and "quest" or reach for you.



Take quick action. If you see a tick on your body, remove the tick correctly by following these step-by-step instructions. Children should immediately tell a parent or staff member.



AFTER GOLFING

- Remove all clothing and put in dryer on high heat for 20 minutes (throw in golf towels and shoes, too!). Then, wash as usual.
- If you can't throw things in the dryer (then wash!) right away, put them in a separate Permethrin-treated hamper designated for outside clothes. A garage or mud room is an ideal place to keep one!
- Do a tick check! Let the Tick Check Challenge guide you! Check the entire body including these key places: Head, Hair, Armpits, Underwear, Knees, Feet, Elbows, Toes ... those are places ticks will go!
- Shower and wash your hair.
- If you find an attached tick, remove the tick correctly by following these step-by-step instructions. These instructions include how to send a tick in for testing.

SUMMER IS SAFER WHEN YOU DARE 2B TICK AWARE!