

Target Ticks for Disease Prevention

» Wooded and overgrown areas, high grass and weeds are tick hotspots.



Use the DOD insect repellent system

- » Treat older Army Combat Uniforms with permethrin but do not use permethrin on the newer flame-resistant uniforms.
- » Apply DEET cream to exposed skin.
- » Wear uniforms properly: tuck pants into boots, wear sleeves down, tuck undershirt into pants.
- » Check your skin and uniform often; use the buddy system.

Remove attached ticks promptly and seek medical help if you have flu-like symptoms or rash after a tick bite.

Aim to Protect Yourself from the Bite of a Tick

Stop Rodent-Borne Disease in its Tracks

- » Avoid breathing dust contaminated by rodent feces/urine.
 - » Disinfect areas previously occupied by rodents.
 - » Exclude rodents from the unit area.
 - » Remove trash daily and eliminate water sources.
 - » Keep all food out of sleeping areas.
 - » Do not feed, handle, or keep animals as pets.

Use Chain of Command to contact preventive medicine personnel for assistance in controlling ticks and rodents



<http://phc.amedd.army.mil>
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