

# Ticks Taking Over?

**Take Back Your Yard**



# Did You Know?

There are many types of ticks in New York City (NYC), but only some spread diseases.

The blacklegged tick, also known as the deer tick, is about the size of a poppy or sesame seed. It is found throughout Staten Island and parts of the Bronx and can spread diseases such as Lyme disease, babesiosis and anaplasmosis.

Blacklegged ticks feed on field mice, which carry the germs that cause disease.

Blacklegged ticks also feed on deer, which do not carry the germs but can move ticks from one place to another. Areas with more deer usually have more blacklegged ticks.

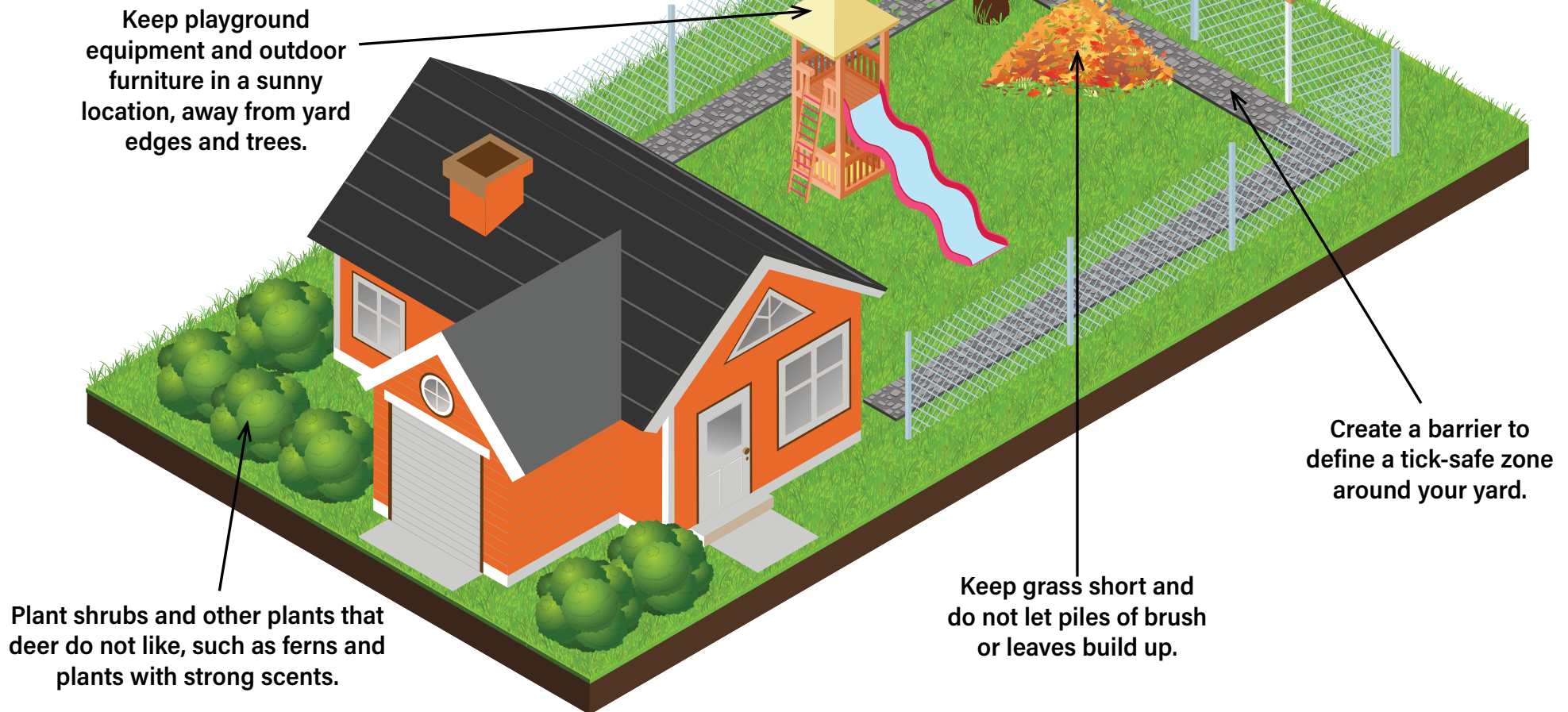
Read this booklet to learn how to reduce your contact with ticks and tick-borne diseases.



# Create a Tick-Safe Zone in Your Yard

Ticks are found in cooler areas where trees, brush, leaf litter, and tall grass provide cover and shade from the sun. Ticks generally avoid heat and direct sunlight.

Use landscaping to make your yard less attractive to ticks.



## Here are some other ways to create a tick-safe zone in your yard:

- A.** If you have a **wood pile**, stack logs neatly in a dry area away from your home to keep rodents away.
- B.** Install a **5-foot fence** to keep deer and other wildlife out of your yard.
- C.** Use **gravel** or **wood chips** to create a 3-foot-wide barrier around lawns, patios and playground equipment.
- D.** Use **rodent bait boxes** to apply a tick-killing pesticide (also known as an acaricide) on mice when they enter the box to feed. The boxes are sealed and child-resistant but are only available through licensed pest management professionals.
- E.** Use **tick control tubes**. These cardboard tubes are filled with cotton balls treated with the pesticide permethrin. If mice use the cotton balls for their nests, the permethrin kills ticks on the mice. Thermacell Tick Control Tubes and Damminix Tick Tubes are examples of tick control tubes you can buy.



A



B



C



D



E

# Managing Ticks:

## Reduce Ticks in Your Yard

Another way to reduce the amount of ticks in your yard is to use tick-killing products (pesticides). For best results, hire a pest management professional who uses products approved by the Environmental Protection Agency (EPA) and is registered with the New York State Department of Environmental Conservation (DEC). EPA-approved pesticides, such as bifenthrin, permethrin and Lalgard M52 OD (formerly known as Met52), which is made from a naturally occurring fungus, only need to be applied **two to three times per year** and only on the edges of your yard. When used properly, these products can be safer for the environment than organic and plant-based options. Studies show most organic and plant-based products are less effective and may require more frequent applications.

### Quick Tips:

- Pesticides should not be the only method used to reduce ticks. Use landscaping tips and personal protective measures too.
- Use pesticides in mid-May and mid-June to reduce young ticks and again in mid-October for adult ticks.
- Target the edges of your yard and shady, leaf-covered areas.
- Pesticides can be sold as a liquid or in granules (small pieces). To find product specific information, visit [dec.ny.gov/nyspad](https://dec.ny.gov/nyspad).

## Hire a Pest Management Professional

Hiring a pest control company is another effective way to control ticks in your yard.

The DEC requires that pesticide professionals be certified and businesses be registered with the DEC.

Look for DEC-registered businesses that use an Integrated Pest Management (IPM) plan and certified professionals. To check if companies meet these guidelines, call **718-482-4994** or visit [dec.ny.gov/nyspad](https://dec.ny.gov/nyspad) (search for businesses certified in ornamental or turf categories).

Note: The IPM plan should target moist, shady areas to reduce blacklegged ticks. To target Asian longhorned ticks or lone star ticks, the plan should also include treating open, sun-exposed areas.



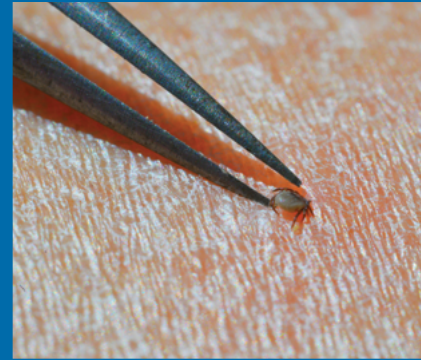
This image shows a larva, nymph, adult male and adult female from left to right. In general, adult blacklegged ticks are about the size of a sesame seed and nymphal ticks are about the size of a poppy seed.

Image used with permission from the Centers for Disease Control and Prevention.

# Personal Tick Prevention

While tick control in your yard can help reduce the number of ticks, it is hard to completely eliminate them. If you have a yard where ticks may be present, take these steps to protect yourself:

- Use insect repellent with DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol (PMD) or 2-undecanone on exposed skin.
- When working in the yard or mowing the lawn:
  - Wear light-colored clothing so you can see any ticks on you.
  - Treat clothing with permethrin.
  - Wear long pants and closed-toe shoes, and tuck your pant legs into your socks.
  - Tie up your hair or wear a hat, or both.
  - Wear gloves while gardening.
- Check yourself, children and pets for ticks after being outside.
- Remove attached ticks with fine-tip tweezers. To remove a tick, grasp close to the skin and pull straight out. Do not handle the tick with bare hands. After removing a tick, wash your hands and any parts of skin the tick touched with soap and water or rubbing alcohol.



For more information on how to prevent tick bites, visit [nyc.gov/health/ticks](https://nyc.gov/health/ticks).

If you think you were bitten by a tick or are experiencing symptoms from a tick bite such as a fever, aches and pains, or a rash, contact your health care provider. For help finding a provider, call **311** or 844-NYC-4NYC (844-692-4692).

