



James Bevilacqua, M.D.
Chairman
jbevilacqua@shelterislandtown.gov

Jessica Montgomery
Clerk
jmontgomery@shelterislandtown.gov

Deer & Tick Committee

Simplified Tick Control Strategies

Below are several actions that could be taken to decrease your risk of contracting a tick-borne disease. Employing as many actions as possible should offer the highest degree of protection. The Committee understands not all actions may be feasible in all situations. Additionally, the Committee respects the rights and preferences of individuals to choose what works best for them.

State and local regulations may apply to several of these methods. The Committee encourages the use of these methods provided it can be done in a safe and compliant manner. Those interested in learning more should read the [Tick Management Handbook](#).



Personal protective measures are the most effective way to prevent tick borne illness. Below are actions you can take to protect yourself.

- **Dress appropriately:** Light colored long sleeves and pants offer the best protection. Tucking pants into socks also helps.
- **Wear repellents:** There are several skin safe products and you can pre-treat clothing and footwear with permethrin. Factory treated clothing is also available. Always follow label directions.
- **Avoid high risk areas:** Stay on trails and away from tall grass and brush.
- **Perform tick checks:** Look close; they're hard to see. Parents, thoroughly check the kids.
- **Shower after outdoor activity:** Helps with the tick check and washes away unattached ticks.
- **Place clothes in dryer upon returning home:** In the dryer first for 10-15 minutes! Ticks die in very dry conditions.
- **Protect your pets:** Talk to your veterinarian about available tick prevention products.

Taking steps to protect your property will also decrease your risk. Below are actions you can take on your own land.

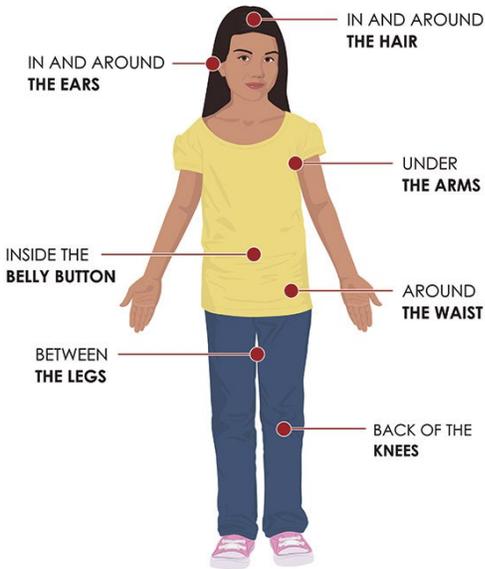
- **Keep property manicured:** Mowed lawns and clean flowerbeds make poor habitat for ticks and hosts.
- **Design low risk outdoor spaces:** Keep play areas, fire pits and barbeques away from wood lines.
- **Alter tick habitat:** Trim trees, hedges and brush. Periodically perform controlled burns where permitted.
- **Treat tick habitat:** Have a licensed person apply EPA/DEC approved products according to the label. Remember that broadcast application of any pesticide may also pose a risk to beneficial organisms.
- **Deploy tick tubes:** DIY or have a licensed person help. This will only target juvenile blacklegged ticks.
- **Exclude deer:** Fence what you can to keep deer (and other wildlife) away. Ticks come and go with them.
- **Remove deer:** Allow hunting on your land. Fewer deer means fewer ticks.

For more information please visit [Shelter Island Deer and Tick Committee](#)

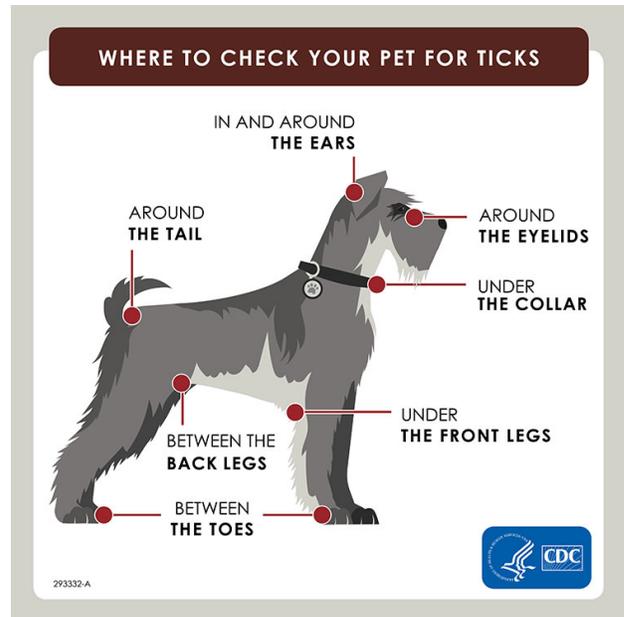


How to Conduct a Tick Check:

Carefully inspect your entire person/pet focusing on the locations outlined:

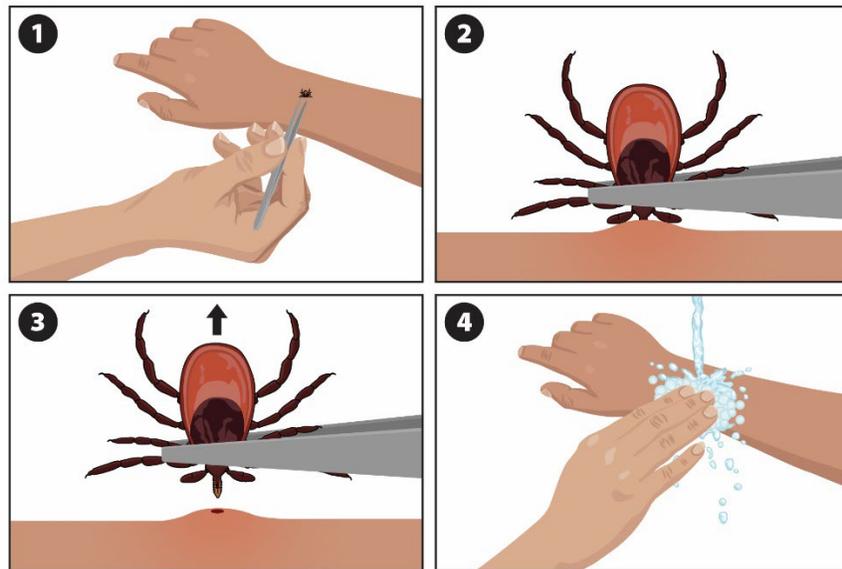


Credit: CDC



Credit: CDC

Tick Removal Steps:



Credit: CDC

Prompt and proper tick removal is essential and may decrease your chances of getting tick-borne diseases.

- Use fine-point tweezers or tick-removal tools. Grasp the tick where its mouthparts enter the skin and pull the tick straight out.
- Do not twist or squeeze the tick's body. Be patient – proper tick removal takes time.
- Do not use petroleum jelly, gasoline, lit matches, oils, or any other remedies to remove ticks. These methods may increase your chances of contracting a disease.
- After removing the tick, disinfect the bite area and wash your hands.
- Monitor the bite area for early signs and symptoms of Lyme disease
- Call your healthcare provider if you get any symptoms.

Visit the Suffolk County Arthropod-Borne Disease Lab website bit.ly/ABDLSCDHS

