

Safety Protocols by Environment

1. Backyard Play & Grass Fields (Low-to-Medium Risk)

Ticks love lawn edges, tall grass, and leaf litter. [1, 9]

- **The Sock Tuck:** Put your child in long, light-coloured pants and tuck the pant cuffs directly into their socks. Ticks crawl upward from the ground; this forces them onto the outside of the clothing where they are easily spotted. [9, 10, 11]
- **Targeted Spraying:** Spray skin-applied Icaridin mainly around the ankles, lower legs, and wrists.
- **Post-Play Routine:** Strip off clothes immediately when coming inside and toss them straight into the clothes dryer on **high heat for 10 minutes**. Dry heat kills any hitchhiking ticks that washing machines survive. [9, 12]

2. Deep-Woods Hiking & Summer Camp (High Risk)

Brushing against dense shrubs, twigs, and overgrown trails significantly increases exposure. [1, 9]

- **Deploy Pre-Treated Clothing:** Dress children in pre-treated permethrin clothing. Ensure they wear closed-toe shoes rather than sandals. [1, 8, 10]
- **The Parental Face-Swipe:** Spray the Icaridin repellent into your own palms first, then gently pat it onto your child's neck, cheeks, and behind their ears. Never spray near their eyes or mouth, and completely **avoid their hands** to prevent accidental ingestion. [13]
- **Nightly Tick Check:** Make a full-body inspection a fun, non-scary bedtime routine. Focus intensely on common tick hiding spots: the **scalp, behind the ears, armpits, inside the belly button, behind the knees, and the groin area**. [2]