

Mayo Clinic Minute

The ABCs of avoiding ticks

Video	Audio
	Prepare yourself...it could be a long spring and summer when it comes to ticks.
BOBBI PRITT, M.D. CLINICAL PARASITOLOGY Mayo Clinic	00:02:33 “The ticks will just burrow under the leaf litter and hang out for the winter, and as soon as the ground thaws and the snow melts, they will come out and then they are going to be hungry.”
	Mayo Clinic parasitic diseases expert, Dr. Bobbi Pritt, says after a relatively mild winter, ticks have gotten an early start, which means it’s time to start protecting yourself.
	She suggests the ABCs of tick prevention.
	00:07:50 “So A is for avoid. You want to know where ticks are found, and avoid those areas so tall grasses, tall shrubs. Ticks can’t fly, they can’t jump, but they can crawl up vegetation and they extend their legs and they wait for something to come by.”
	If you can’t avoid...B is for bug spray...Dr. Pritt suggests anything with Deet.
	And C is for clothing...making sure not to leave skin exposed for ticks to bite into.
	But if you are bitten by a tick...look for signs you’ve been infected with Lyme Disease.
	If you see a rash that looks like a bullseye, or start getting a fever, chills or body aches, see your doctor.

For the Mayo Clinic News Network, I'm
Ian Roth.