



Protect Yourself From Ticks

With Repellents and Permethrin



To protect yourself from ticks, use a repellent on your skin and permethrin on your clothing and gear.

Choose the Right Repellent (bug spray)

Be sure the repellent:

- ✓ Works against ticks.
- ✓ Has an EPA-registered ingredient. Examples include: DEET, picaridin, or IR3535. "EPA-registered" means the product has a federal seal of approval. It is safe and effective.

Follow the label's instructions.

Do: Spray repellent while outdoors. Wash it off when you go indoors.

Don't spray repellent:

- under clothing
- in the eyes or mouth
- on cuts
- on sunburns
- on rashes



Use Permethrin the Right Way



What is permethrin (per-METH-rin)?

It is an EPA-registered insecticide, a spray only for clothing and gear. It kills ticks on contact.

- Use permethrin only on clothing and gear—not on skin!
- It's odorless, invisible, and will not harm clothing or gear.
- It lasts through many washings.

There are permethrin products for animals, but people should use a product whose label clearly states that it is for clothing and gear.

How Do I Apply Permethrin?

✓ DO	✗ DON'T
• Read the label and follow instructions. • Apply to clothing and gear only. • Lay clothing and gear on a flat surface or hang them on a fence or clothesline. Wear gloves.	• Do not apply to skin. • Do not spray near flowers or water sources. • Do not allow cats near clothing that has been treated with permethrin until it has completely dried.



Is Permethrin Safe for People?

Yes. Permethrin is safe for people when you follow the instructions on the product label.

Where Can I Find Permethrin?

At hardware stores, online retailers, or farm supply stores. Ask a store clerk, "Where can I find permethrin for my clothing and gear?"

Scan the QR code below to learn more:

health.ny.gov/ticks

