

Tick check! Essential summer safety tips

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Featured topic

Everyone worries about shark bites in the summer—but the real threat may be much smaller.

In this quick health tip, learn what doctor's want patients to know about ticks and Lyme disease, and why ticks are one of the most dangerous creatures of the season. With nearly half a million Lyme disease cases estimated each year in the United States, knowing how to protect yourself outdoors is more important than ever.

Learn practical tick prevention tips, including:

- What to wear when hiking or spending time outdoors
- Where ticks hide on your body
- How to perform a thorough tick check after being outside
- Symptoms that should prompt a call to your doctor

A few minutes of prevention can help you enjoy the outdoors safely all summer long. Find out what you need to know about [Lyme disease](#).

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Transcript

Narrator: Everyone is afraid of sharks in the summer, but it's the tiny ticks that can be the scariest creature of the season.

Now, why should we even worry about ticks? Some ticks carry Lyme disease and other co-infections. They wait on grass, brush and low vegetation with their front legs stretched out looking for a ride.

Nearly half a million people get Lyme disease in the U.S. every year, and that can be a debilitating disease that affects muscles, joints, organs and the central nervous system.

You want to keep these ticks off your body. So I'm going to give you some important tips on how we can do that. Make sure you wear long sleeves when possible. Tuck your pants into your socks if you're going to be hiking in areas with tall grass. Don't forget to use EPA-registered insect repellent. When hiking, stay in marked trails instead of walking in tall grass or bushes.

Now, when you get home, make sure you do a thorough tick check. I'm talking about your scalp, behind your elbows, even behind your ears. And also have loved ones look in places like your back.

Listen, if you find a tick or you develop any symptoms like rash, extreme fatigue, or flu-like symptoms, be sure to contact your doctor immediately. Remember, shark attacks are rare, but ticks attack millions each season. If you want more videos like this, hit the Subscribe button.

Disclaimer: This video is for educational purposes only and is not medical advice. If you have questions about your health, please consult your doctor.