

# Tick Safety & Prevention Guide

## Intro

Ticks are more than just a nuisance-they can carry serious diseases and long-term health consequences. This guide is here to help you stay protected with natural tips, prevention strategies, and remedies for post-bite care.

## Why Tick Prevention Matters

Tick bites can lead to a variety of health issues including Lyme disease, Rocky Mountain spotted fever, and Alpha-Gal Syndrome-a condition that causes a red meat allergy. Prevention is your best defense.

## The Problem With Traditional Insect Repellents

Many commercial insect repellents contain synthetic chemicals like DEET or permethrin. While effective, they come with possible side effects:

- Skin irritation (rashes, redness, burning)
- Eye and respiratory irritation
- Headaches, dizziness, or rare neurological effects
- Hormone disruption
- Environmental harm to aquatic life and bees

## How to Prevent Tick Bites

Wear long sleeves and pants when in grassy or wooded areas

Use double-sided tape around pant cuffs

Tuck pants into socks

Stay on clear trails; avoid tall grasses

Shower soon after being outdoors

Check pets and gear





Use natural insect repellents (see DIY recipe below)

## DIY Natural Tick Repellent Spray

- 2 oz glass spray bottle
- 20 drops of Geranium essential oil
- 10 drops of Lavender essential oil
- 10 drops of Citronella essential oil
- 10 drops of Lemongrass essential oil
- 10 drops of Eucalyptus Globulus or Peppermint oil
- Fill with witch hazel or water

[Grab your oils here](#)

Shake well before each use. Spray on clothing and skin before going outdoors.

## Proper Tick Removal

Use fine-tipped tweezers

Grasp the tick as close to the skin's surface as possible

Pull upward with steady, even pressure

Clean bite area with rubbing alcohol or soap and water

Avoid crushing the tick's body

Save the tick in a plastic bag for testing if needed

## After a Tick Bite: Natural Support

Apply 1-2 drops of **Oregano or Thyme essential oil** diluted with carrier oil to the area

Support your immune system with Vitamin C, NingXia Red, or Inner Defense

Monitor for symptoms and consult your healthcare provider if needed

## Products We Love

- Insect Repellent (DEET-free, plant-based)
- Fine-tip tick removal tweezers
- 2 oz Glass Spray Bottles (for DIY)





- Witch Hazel

- Essential Oils (Geranium, Lavender, Citronella, Oregano, Thyme)

## **Closing**

Stay safe, stay protected - and enjoy the outdoors with confidence!