



The Edge of Appalachia Preserve System  
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Ticks are an ever-present reality in Adams and surrounding counties and are active year-round. Preventative measures can be taken to reduce the number of ticks encountered and the possibility of tick bites. Information from the [Ohio Department of Health](#) and the [CDC](#) includes ways to prevent ticks from attaching and correct removal techniques. There are a number of [topical sprays](#) that can be applied to skin and clothing to repel ticks as well as [factory-treated clothing options](#).

In addition, following these procedures after time spent outdoors are advised:

- Immediately place all clothing worn in the field into the dryer and dry on high for 10-15 minutes.
- Check your body thoroughly for attached ticks. Know the different sizes to look for and use a handheld mirror for hard to see places.
- Remove any attached ticks promptly using tweezers and wash the area well with soap and water.
- Take a shower as soon as you can after returning from your time outside.

Persons visiting the Edge of Appalachia Preserve System and surrounding areas are strongly encouraged to wear long pants, close-toed shoes and take preventative measures against tick bites. Wearing clothing (pants, socks, shoes, and shirt) treated with permethrin and/or applying a topical spray along with staying on the trail, tucking pants into socks and following the above procedures after spending time outdoors is recommended.