



CAMPER CHECKLIST

Getting ready for summer?

Use a checklist to make sure that you have the tools on hand to prevent tick and mosquito bites.



Ticks and mosquitoes

are common at outdoor events and camps in Illinois.

West Nile Virus

is the most common disease you can get from mosquitoes in Illinois.

Lyme disease

is the most common disease you can get from ticks in Illinois (and the United States).

Less common diseases that you can get from ticks in Illinois include:

- Anaplasmosis
- Babesiosis
- Ehrlichiosis
- Spotted fever group rickettsioses

Developed in collaboration with the Illinois Lyme Association



<https://dph.illinois.gov/ticks>



BEFORE CAMP

- Pack insect repellent.**
Select a repellent that is U.S. EPA-registered for ticks and mosquitoes. Look for ingredients like DEET, picaridin, oil of lemon eucalyptus, or IR3535.
- Spray clothes, shoes, and gear with permethrin.**
Permethrin is an insecticide that kills ticks and mosquitoes on contact. You can use permethrin to pre-treat shoes, clothes, sleeping bags, tents, and other gear.
- Pack a tick removal tool.**
Pack a tick remover, such as tweezers, for removing ticks in case you find a tick attached to your body.

AT CAMP

- Use insect repellent every day.**
Spray your exposed skin and over your clothes every morning and reapply throughout the day.
- Check for ticks regularly.**
Check for ticks throughout the day. Good times to encourage campers to conduct a thorough tick check are at meals, before swimming, during shower time, and at the end of the day.
- Remove any ticks you find promptly.**
Encourage campers to ask an adult for help.

AFTER CAMP

- Place all clothes and washable gear in the dryer.**
Dry clothes for 10 minutes on high heat to remove any ticks that may be on them.
- Shower after returning from camp.**
Soap and water can remove any ticks that are crawling.
- Watch for tick and mosquito disease signs.**
If you feel sick with flu-like symptoms (especially during the summer) like fever, joint or body aches, headaches, nausea, vomiting, diarrhea, or a rash, see a health care provider.

Adapted from the Pennsylvania Department of Health's Camp Checklist