

## Tick Exposure on the Rise

The Summer of 2026 presents a variety of exposures for workers, not the least of which originates from one of the smallest culprits: ticks. Municipalities have plans to celebrate the country's 250th anniversary in July, so, while considering safeguards for these events, include measures to prevent tick bites, which can lead to Lyme disease.

The Centers for Disease Control and Prevention (CDC) sent out a public warning in late April to look out for ticks. Although tick bites usually spike in May, the CDC Tick Bite Tracker already showed a higher-than-usual number of weekly ER visits.

Ticks carry blood from other animals (mice, dogs, deer, etc.) that contain the Lyme disease pathogen and transfer the disease to humans, causing severe health conditions. Ticks exist in all sorts of environments, not just tall grassy locations, and can attach themselves to unsuspecting humans who enter their resting space. Your best defense against tick bites is to protect your skin from contact with the bugs. Wear pants to cover your legs, and if you're in grassy areas, tuck your pant legs into your socks to further protect any exposed skin. You can pre-treat your clothing with products containing 0.5% permethrin.

Exposed skin can be pre-treated with a variety of products, such as Deet. View the EPA site [here](#). When coming in from outside, be sure to conduct a self-check for ticks. Use a hand-held or full-length mirror to view all parts of your body and run your hands over your body to feel for ticks. Check these body parts:

- Under the arms
- In and around the ears
- Inside the belly button
- Back of the knees
- In and around the hair
- Between the legs
- Around the waist

To remove a tick, use fine-tipped tweezers, grab the tick at the base of the entry point, and gently pull it away from the skin. Your skin is likely to pull in the process. Never squeeze the tick's body to pull it off, as this is likely to cause any Lyme-infected blood to flow into your body. After removal, clean the tick bite site with rubbing alcohol or soap and water.

Enjoy preparations for our country's 250th anniversary, and please be sure to inform and prepare your staff with the information necessary to keep them safe from tick bites this summer.

# MAY 2026 SAFETY BULLETIN



## Resources:

<https://www.pbs.org/newshour/health/u-s-doctors-warn-of-a-potentially-bad-year-for-tick-borne-diseases>

<https://www.cdc.gov/media/releases/2026/2026-cdc-data-show-weekly-er-visits-for-tick-bites-higher-than-usual.html>

<https://www.epa.gov/insect-repellents/using-insect-repellents-safely-and-effectively>

<https://www.cdc.gov/ticks/after-a-tick-bite/index.html>

