

TICK DIARY FOR _____ 2018



Record your tick encounters and your outdoor activities today.

I am completing the diary on _____ 2018 and it is _____ AM/PM.

How many ticks did you find on yourself today? (circle what applies)

0 1 2 3 or more

If you had a tick was (at least) one tick attached to the skin? (circle what applies)

No Yes I don't know

Did another member of your household have tick(s) today? (circle what applies)

No Yes Not applicable

How many ticks did you find on your pet(s) today? (circle what applies)

0 1 2-5 6-10 More than 10 Not applicable

Which of these outdoor activities did you do today? (select all that apply)

- I did indoor activities only
- Hike/walk/run/bike on nature trails
- Garden (vegetable/flower)
- Mow the lawn
- Hunt
- Fish
- Bird watch
- Picnic/grill/eat outdoors
- Visit the beach (river, lake or ocean)
- Camp
- Walk the dog
- Other outdoor activity, _____

Today, did you use any of these measures to reduce exposure to ticks or tick bites? (select all that apply)

- Tick repellent (ex. DEET, picaridin)
- Wear protective clothing (ex. light colored, long-sleeved, tucking pants in socks, boots) Shower or bathe to remove ticks
- Insecticide-treated clothing (ex. permethrin treated pants)
- Check myself for ticks
- Other, _____
- None

Notes: _____

Thank you!