

**Target Ticks for Disease Prevention / Stop
Rodent-Borne Disease in its Tracks**
(A wallet-size card)

In **1997**, the Entomological Sciences Program (ESP) of the U.S. Army Center for Health Promotion & Preventive Medicine (USACHPPM) decided to modify the [Balkan Theater wallet-size threat card](#) into a generic wallet card that can be useful anywhere tick and rodent-borne diseases are threats.

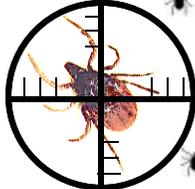
The card is 2-1/8 inches high X 3-3/8 inches wide and is laminated in sturdy clear plastic. One side lists basic personal protective techniques against ticks, including the basic DOD Insect Repellent System, and the other side cites personal protective measures against rodent-associated hazards. The print and illustrations are black and red on a white background.

A limited supply of these cards are produced and stocked at the USACHPPM, and Army activities may request them by contacting: Sandra Evans, USACHPPM, ATTN: Entomological Sciences Program, Aberdeen Proving Ground, MD 21010-5403; DSN 584-3613 or Commercial (410) 436-3613. The cards are free. For components other than Army, a charge may apply.

FRONT SIDE

TARGET TICKS FOR DISEASE PREVENTION

KNOW THAT WOODS, HIGH GRASS, WEEDS AND OVERGROWN AREAS ARE TICK HOTSPOTS



USE THE DOD INSECT REPELLENT SYSTEM

- TREAT UNIFORMS WITH PERMETHRIN
- APPLY DEET CREAM TO EXPOSED SKIN
- WEAR UNIFORM PROPERLY: TUCK PANTS INTO BOOTS, WEAR SLEEVES DOWN, TUCK UNDERSHIRT INTO PANTS

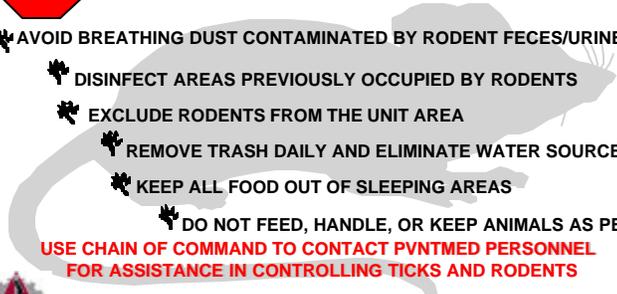
CHECK YOUR SKIN AND UNIFORM OFTEN, USE THE BUDDY SYSTEM

SEEK MEDICAL ASSISTANCE FOR THE REMOVAL OF ATTACHED TICKS OR IF YOU HAVE FLU-LIKE SYMPTOMS OR RASH AFTER A TICK BITE

AIM TO PROTECT YOURSELF FROM THE BITE OF A TICK

BACK SIDE

STOP RODENT-BORNE DISEASE IN ITS TRACKS



AVOID BREATHING DUST CONTAMINATED BY RODENT FECES/URINE

DISINFECT AREAS PREVIOUSLY OCCUPIED BY RODENTS

EXCLUDE RODENTS FROM THE UNIT AREA

REMOVE TRASH DAILY AND ELIMINATE WATER SOURCES

KEEP ALL FOOD OUT OF SLEEPING AREAS

DO NOT FEED, HANDLE, OR KEEP ANIMALS AS PETS

USE CHAIN OF COMMAND TO CONTACT PVNTMED PERSONNEL FOR ASSISTANCE IN CONTROLLING TICKS AND RODENTS



U.S. Army Center for Health Promotion and Preventive Medicine Aberdeen Proving Ground, MD 21010-5403