

TIME

March 30, 2026

It's Going to Be a Bad Tick Season



- Why worry about ticks this spring & summer?
- Why do experts predict a bad season for ticks?
- What can you do to protect yourself from ticks?

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- Why worry about ticks? Ticks carry diseases from animals like deer & mice. If the tick bites you, as it feeds on your blood, it can transmit bacteria, viruses & parasites into your blood stream. Lyme Disease, Rocky Mountain Spotted Fever, Powassan virus & many more diseases can result.
- Why do experts predict a bad season for ticks? Warmer winters have led to more tick reproduction. The tick has a complicated life cycle, see it here: <https://www.cdc.gov/ticks/about/tick-lifecycles.html>
- What can you do to protect yourself from ticks? Ticks live in grassy, brushy, or wooded areas, & on some animals. Wear long-sleeved shirts, pants, & a hat in those areas. Treat clothing & gear with products containing the insecticide permethrin. See: <https://dph.illinois.gov/resource-center/news/2021/may/illinois-department-public-health-offers-tips-avoid-tickbites.html>