

# Take Back Your Yard: Tick Prevention with Integrated Pest Management

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If you need help accessing or understanding this information, contact [ahs.vdhtickborne@vermont.gov](mailto:ahs.vdhtickborne@vermont.gov).

### What is Integrated Pest Management?

**Integrated Pest Management (IPM) involves multiple control strategies to reduce the risk of tick bite illness.** Since about **85%** of the land in Vermont is privately owned, landowners can make a big difference in reducing the places where ticks live.

### Tick Habitat Management

You can manage tick habitats by **reducing high-risk zones**: areas with dense shrubs, ground cover and invasive plants, like Japanese Barberry.

- **Trim dense vegetation**, mow regularly and properly remove invasive plants.
- **Bring in more sunlight** to decrease shade and dampness.
- **Create a barrier** (at least three feet) between woods and yard with gravel or wood chips.



*Flowering Japanese Barberry*  
Source: Vermont Invasives

### Host Management

Reduce the risk of encountering ticks in your yard by **detering host animals**.

- **Use fencing** to keep wild animals out.
- **Move wood piles away from your house** and **seal small openings** to keep rodents away.
- **Clean up host food sources** like birdseed, berries and apples.
- **Line your property** with native grass, herbs, or ferns, which are less appealing to deer.

### Bite Prevention

The best way to prevent tick bite illnesses is to **prevent tick bites**.

- **Avoid areas where ticks live.**
- **Check yourself** and pets for ticks after you leave high-risk areas.
- **Wear protective gear and clothing.** Consider treating clothing and shoes (NOT skin) ahead of time with 0.5% permethrin.
- **Use EPA approved insect repellent.**



**HealthVermont.gov/BeTickSmart**  
**802-863-7200**

