



Tie Dye Tick Socks

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Who said tick safety can't be fashionable? A great way to prevent tick bites is to wear protective clothing, but not everyone is excited to tuck their pants into boring white socks. With this craft, you can customize colorful socks that are not only fun to wear, but also can help protect yourself from tick bites.

Materials

- Crew length white socks
- Light colored Sharpies or alcohol-based permanent markers
- Dark colors like black, purple, or dark blue can make it difficult to check the socks for ticks
- Rubbing alcohol (70% works great)
- Spray bottle
- Old towels, cardboard, or plastic tablecloth

Instructions

1. Protect workspace with the towels, cardboard, or tablecloth.
2. Color on the socks with the Sharpies. Drawing blobs of colors close very together will help the colors blend together. Adding white spaces between colors will make for a lighter colored design.
3. Fill the spray bottle with rubbing alcohol.

4. Outside, in an open garage, or in any other protected area, spray all sides of the sock with the alcohol. The more wet the sock is, the more the colors will spread and blend across the sock.
5. Lay the socks out to air dry on a protected surface. This can take anywhere from a few hours to overnight.
6. Once completely dry, heat set the socks by tossing them in the dryer on medium-high heat for 10 minutes. Let the socks cool down and they are ready to wear!

Notes

Wash socks in cold water with dark clothing or old towels to avoid staining. It's possible that the socks' color will fade over time, but they can be re-dyed again and again.

As long as the socks are dry, they should not bleed onto other fabrics.

Other Ways to Practice Tick Safety Outside

- Avoid walking through tall grasses and wooded areas where ticks are likely to be.
- Wear long, light colored clothing outdoors and throw the clothes in the dryer on high heat for 30 minutes after coming inside.
- Shower within 2 hours of coming indoors.
- Most importantly, check you and your pet's body for ticks often. Look for them especially in your armpits, behind your ears and knees, and between your toes.
- If you find a tick, remove it with by firmly pulling on the tick's head with fine tipped tweezers. Write down when and where you got the tick, and store it in a plastic bag in the freezer.
- Visit the CDC's webpage to learn more about ticks and tick safety www.cdc.gov/ticks.

More tick resources and activities are available at TickTagGo.unl.edu.



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