

Ticks can become infected with diseases when feeding on white-footed mice and other small mammals. An infected tick can then spread disease to a person through a tick bite. You can reduce the risk of getting diseases from ticks by taking steps to avoid tick bites.



Know where ticks are: ticks live in or near wooded or grassy areas.

Always walk in the center of trails to avoid contact with



Keep your yard clean: mow lawns, clear brush and remove leaf litter.

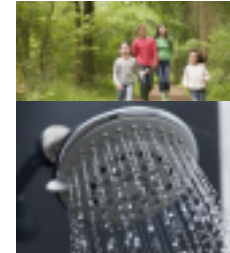


Repel ticks: use EPA-registered repellent with DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), or 2- undecanone on skin and permethrin on clothing, boots and gear. Most repellents can be used on children older than 2 months. Products containing OLE should not be used on children under 3 years. Always follow product label instructions.



Inspect: check your entire body—and your children's—for

ticks after being outside and use a mirror to view hard-to-see areas. Remove attached ticks with tweezers.



Cover up: wear long sleeves and pants tucked into socks to prevent ticks from getting under clothes.

Shower: showering within two hours after being outside (ideally, as soon as possible) can help find and wash off unattached ticks.



Protect pets: keep pets safe by checking for ticks daily and using tick control products as recommended by your veterinarian.

Be sure to check these parts of your body and use a hand-held or full-length mirror to view all parts of your body:

*Adapted from the Centers for Disease Control
and Prevention. 6/21*

◆ Inside belly button ◆ Back of the

knees ◆ Under the arms

◆ In/around the hair ◆ Between the

legs ◆ Around the waist

◆ In/around the ears ◆ On the scalp