

BE TICK SMART

PROTECT - CHECK - REMOVE - WATCH



IMPORTANT INFORMATION TO PROTECT YOURSELF AND LOVED ONES

While most tickborne infections occur during the summer, ticks may still be active well into the fall, or even year-round in warmer climates.

If you have pets, contact your Vet about how best to protect them.



WHY ARE TICKS DANGEROUS?

TICKS carry pathogens that can cause human disease such as Lyme disease, Anaplasmosis, Babesiosis, Ehrlichiosis and Rocky Mountain Spotted Fever.

WHEN YOU GO OUTSIDE MAKE SURE TO:



- Treat clothing with Permethrin prior to being outside.
- If possible wear a long sleeved shirt, pants and socks.
- Spray yourself with bug spray containing DEET, follow all label directions.
- When back in from outdoors, remove clothing and put in the dryer on high temperature.
- Take a shower and perform a full body tick check.*
- Check places like under arms, in or behind ears, in and around hair, between legs, behind knees, and belly button



HOW TO TICK PROOF YOUR YARD

- Keep your grass short and remove any brush
- Create a 3 foot barrier of wood chips or crushed stone around your yard
- Plant Deer deterring plants such as herbs, succulents or ornamental grasses
- Put up a barrier or fence to prevent deer from entering your yard.
- Trim trees to allow for more sunlight
- Treat your yard with pesticides or natural essential oils
- Place tick tubes in your yard to kill off the ticks that mice carry



WHAT TO DO IF YOU FIND A TICK ON YOU

ONCE FOUND, THE TICK SHOULD BE CAREFULLY REMOVED AS SOON AS POSSIBLE. HERE'S HOW:

When removing the tick, you should use fine tipped tweezers, grabbing the tick as close to your skin as possible. Be sure to pull straight up as opposed to twisting motion. After the tick is removed, clean the skin with rubbing alcohol or soap and water.

COMMON SYMPTOMS OF TICK RELATED ILLNESSES

- Fever and Chills
- Aches and Pains
- Headache
- Fatigue
- Muscle Aches

*with Lyme Disease you may also experience joint pain and a rash
Some people may develop a **Bullseye rash** (see graphic), but not all.



FOR MORE INFORMATION, VISIT THE CENTERS FOR DISEASE CONTROL & PREVENTION WEBSITE:
[HTTPS://WWW.CDC.GOV/TICKS/](https://www.cdc.gov/ticks/)

ADAPTED FROM THE CENTERS FOR DISEASE CONTROL & PREVENTION.

