

## THINGS YOU CAN DO TO STOP TICKS

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### OUTSIDE



Walk in the middle of trails, stay away from low bushes and leaf litter, check your clothing for ticks.



Avoid sitting on logs, leaning on trees and wading through leaves.

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### INSIDE



Remove clothes and toss them into a hot drier for 10 minutes, shower within 2 hours, look for ticks on legs, knees, back and in all warm, damp areas on your body like ears, armpits, and groin.



Avoid throwing worn clothes into a hamper. Check hairline and neck for bumps.

### Call your doctor if:

You're unable to remove a tick, if you think a tick has been embedded for more than 24 hours, or if you discover a rash or have flu-like symptoms — fatigue, aches, or joint pain.

## LYME BASICS

Lyme disease is a growing epidemic and the most commonly reported vector-borne illness in the US today. Hundreds of thousands of people are infected each year in the United States alone. Many people go undiagnosed or misdiagnosed for years. The good news is tick bites are preventable — and you can learn the best ways to protect yourself, your family and your pets at [ProjectLyme.org](https://ProjectLyme.org).

## HOW CAN I PROTECT MY PET FROM TICKS?

Treat your pet with tick preventive products. Check with your vet to find the best one.

## HOW DO I PROTECT MY YARD FROM TICKS?

Apply acaricides (tick pesticides) to your yard, mow the lawn frequently, remove old furniture, clear tall grass and brush around your yard and house

# HOW TO DO A TICK CHECK

## CHECK YOUR:

- HEAD & HAIR
- FEET & TOES
- BACK OF NECK & AROUND EARS
- BELLY BUTTON & WAISTLINE
- BETWEEN LEGS & UNDER ARMS
- BACK OF YOUR KNEES

