

Beware OF TICKS

HERE'S HOW YOU CAN PREVENT ILLNESS



Wear Protective Clothing

Pants, long shirts, socks, and hats, can all decrease the chances of a bite.

Use Insect Repellents

DEET or Picaridin to your skin.
Premetherin for your clothes.



Perform A Tick Check

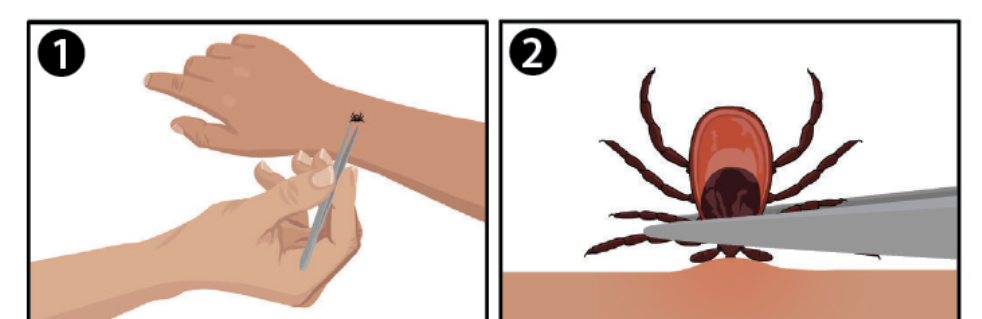
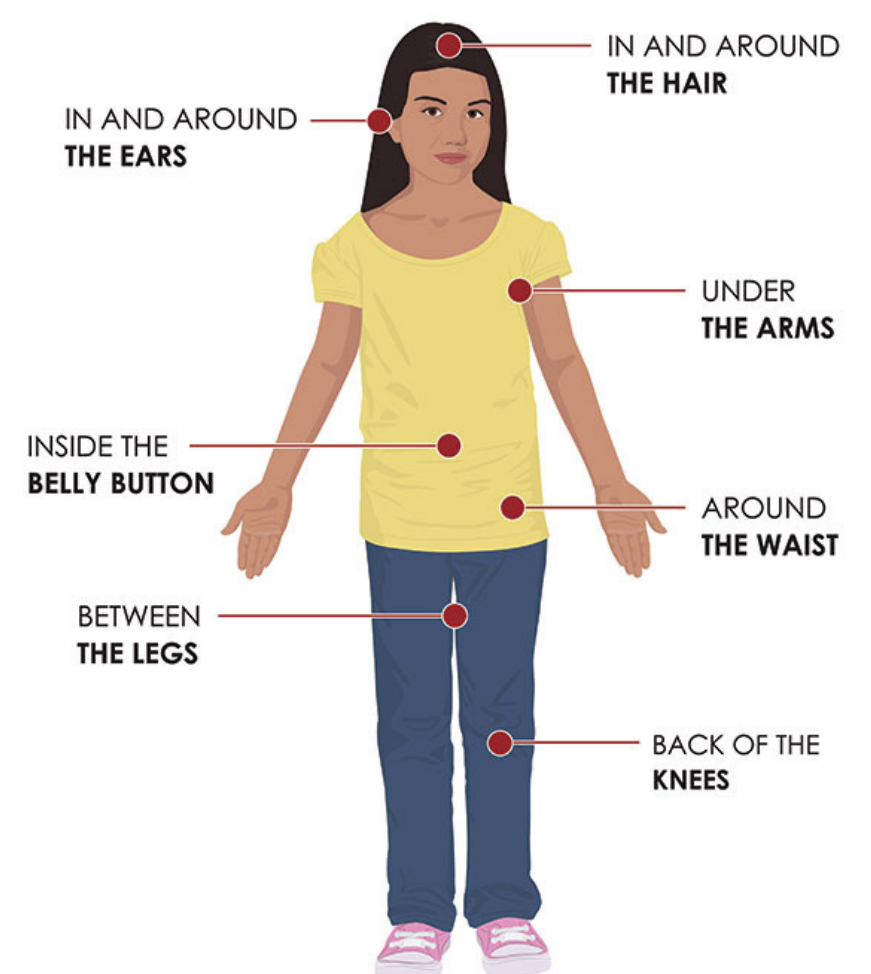
Check for ticks using the diagram as a guide. Make sure to also check ankles, feet, and between your toes.

Properly Remove A Tick

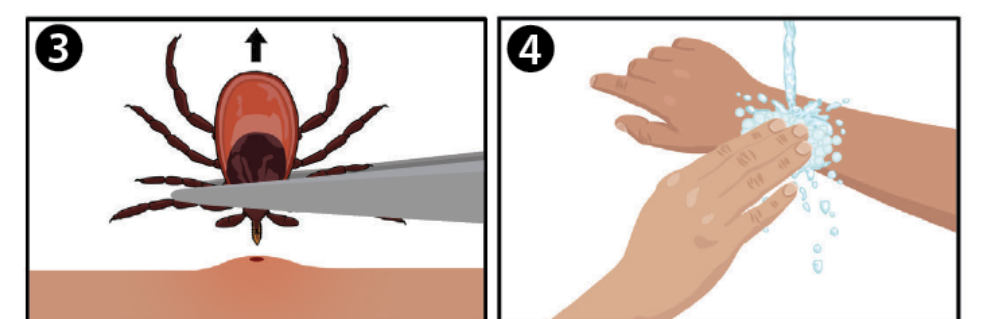
Follow instructions on the right.

Know The Symptoms

Fatigue, fever, enlarged lymph nodes, headaches, muscle aches, and joint pain. Later stages can become multisystemic. Learn more at www.projectlyme.org



Use fine-pointed tweezers to grasp at the place of attachment. Gently pull straight. Do not squeeze, twist or jerk it.



Wash your hands and apply or antiseptic to bite. Place in a zipped bag with a moist cotton ball and bring it to your local health department or private lab for testing.