

TICKBORNE DISEASES

BE AWARE OF TICKS WHEN PARTICIPATING IN OUTDOOR ACTIVITIES



TICKS ARE SMALL INSECTS THAT CARRY SERIOUS DISEASES

WITH JUST 1 BITE

they can transmit diseases such as:



⦿ Rocky Mountain Spotted Fever

⦿ Ehrlichiosis

⦿ Tularemia

TAKE SIMPLE MEASURES TO PROTECT YOURSELF AND YOUR FAMILY



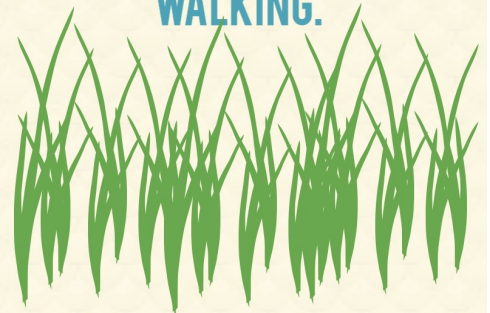
WEAR light-colored clothing, long-sleeved shirts, and pants to make ticks easier to see and lessens exposed skin.



Use **TICK REPELLANT** according to the instructions on the label.



AVOID tall grass or brush **WHEN HIKING, BIKING, OR WALKING.**



Check for ticks AT LEAST ONCE per day.

Check full body including head, underarms, and the groin area where ticks may hide.

REMOVE TICKS properly from yourself and your pets

1. Use tweezers or a tissue to grasp the tick as close to the skin as possible.
2. Use gentle, steady pressure to pull the tick from the skin, trying not to twist or jerk the tick as you pull.
3. **DO NOT** squeeze the tick's body before, during, or after removal.
4. Wash your hands with soap and water after removing the tick.
5. Write the date of the tick bite on a calendar and call your doctor if you develop a fever within 14 days.