TO PREVENT TICK BITES AND TICK-BORNE DISEASES:

- Help keep ticks off your skin by wearing long sleeves, long pants, and long socks.
- Ward off ticks by using an insect repellant that contains at least 20% DEET (for the skin) or permethrin (for clothes).
- Avoid ticks by walking in the center of trails and steer clear of tall vegetation.
- If you’ve been in an area where ticks are common, bathe or shower as soon as possible, and wash or tumble your clothes in a dryer on high heat.
- Check your body carefully for ticks. They dig and burrow into the skin before they bite and feed.
- Removing ticks right away can help prevent disease.
- If you develop a rash or fever after removing a tick, see your doctor.