

9 WAYS TO PROTECT YOU AND YOUR PETS FROM TICKS

EDUCATE YOURSELF

Know where to expect ticks, what environment they thrive in and the symptoms of a tick bite.

CHECK BODY, CLOTHES, & PETS FOR TICKS

Check body, clothes and pets for ticks after being outdoors – use a mirror or have someone help check hard-to-see areas.

USE A DEET-BASED REPELLENT

Regularly apply repellent on any exposed areas of skin (follow label instructions).

PROTECT YOUR PETS FROM TICKS

Speak to your veterinary clinic regarding a tick preventative treatment for your pets..

KEEP PETS OUT OF TALL GRASS & BRUSH

Keep pets secure to minimize exposure to high tick areas (tall grass and brush).

WALK ON TRAILS & AVOID TALL GRASS

Ticks hide in tall grass and brush, avoiding these areas decreases exposure to ticks.

WEAR CLOSED TOE SHOES & LIGHT-COLORED CLOTHING

Light colored clothing allows you to better spot ticks that may be attached to your clothes.

TUCK PANTS INTO SOCKS

To prevent tick biting, tuck pants into socks to minimize exposed skin and seal off areas where ticks can hide.

IF YOU OR YOUR PET GETS BITTEN BY A TICK

Use tweezers to grab tick and slowly pull upward, immediately clean the area with soap and water or rubbing alcohol and reach out to your medical provider for medical attention.



VISIT FOR MORE INFORMATION

www.cdc.gov/ticks/index.html



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