

# 6 WAYS TO PROTECT YOURSELF FROM TICK BITES

## EDUCATE YOURSELF

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

## CHECK BODY, CLOTHES, AND PETS FOR TICKS

After being outdoors conduct a full body check. Use a mirror or ask someone to check areas that are hard to see

## TUCK PANTS INTO SOCKS

The best way to avoid ticks is to leave a minimal amount of skin exposed. Tucking pants into socks seals off potential crevasses that ticks can crawl into and hide

## WALK ON TRAILS AND AVOID TALL GRASS

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

## USE A DEET-BASED REPELLENT

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

## WEAR CLOSED TOE SHOES & LIGHT-COLORED CLOTHING

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

## IF BITTEN BY A TICK

- Use tweezers to grab tick and slowly pull upward
- Immediately clean the area with soap & water or rubbing alcohol
- Save the tick for testing if possible, place in sealed bag and label with name, date, and site of bite



FOR MORE INFORMATION, VISIT

[www.TickEncounter.org](http://www.TickEncounter.org)

[www.CDC.gov/Lyme/Prev](http://www.CDC.gov/Lyme/Prev)

Scan code to learn more about the GMPHC tick testing program - and how to receive a tick test at a reduced cost

