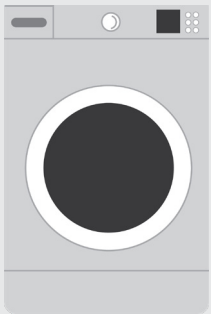


Don't Forget Your Daily Tick Check

When you are near tick habitat, to deter tick-borne disease, you should:

Dry Clothes to kill ticks



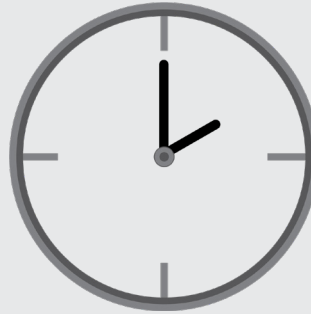
Shower to wash away and find ticks



Check yourself & your pets

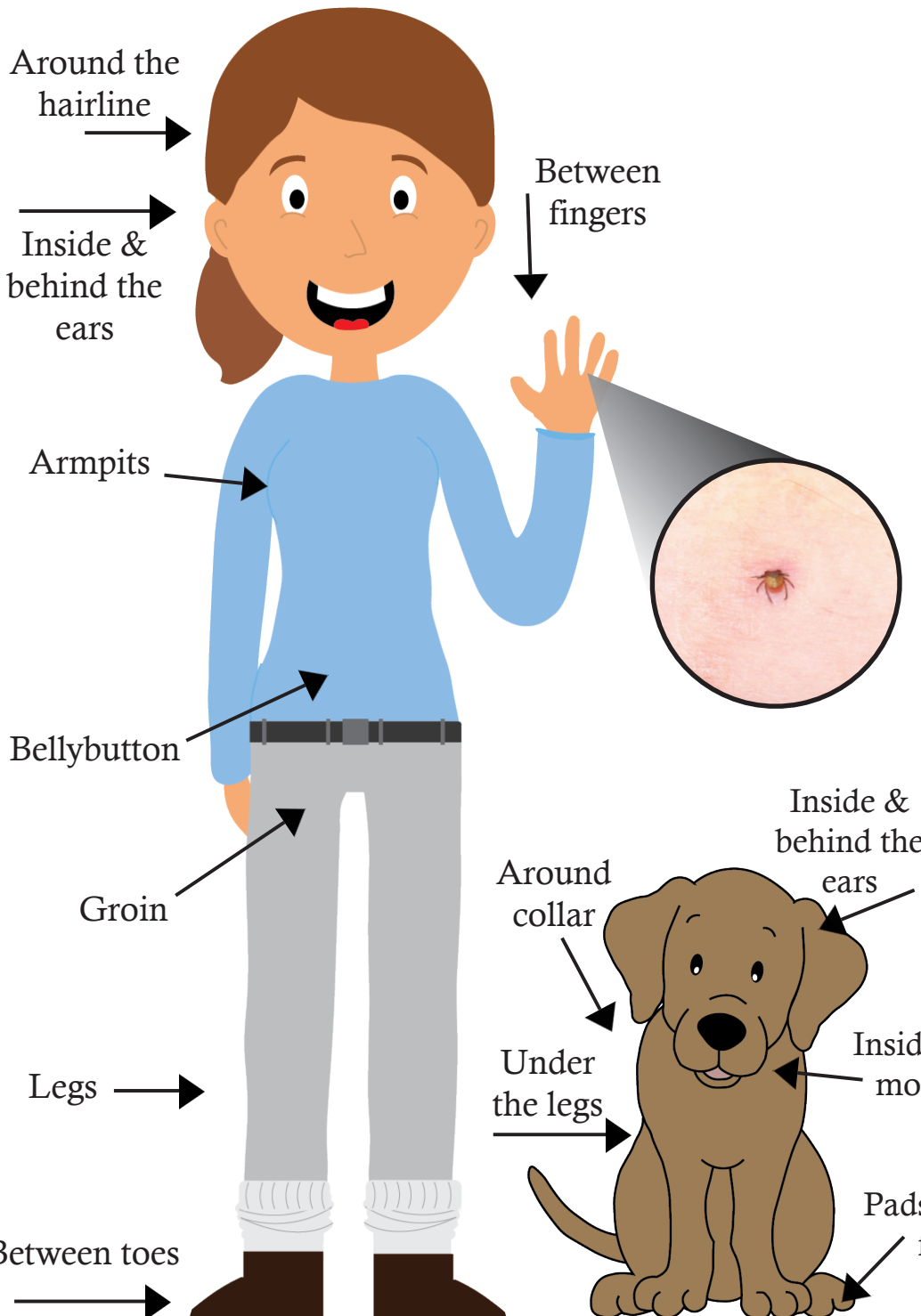


Remove Quickly



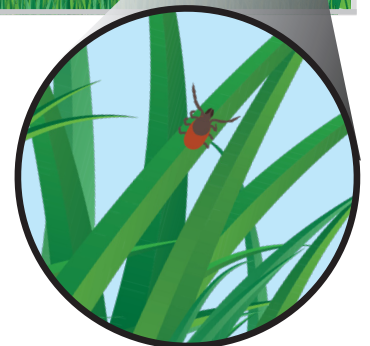
Risk is reduced the sooner ticks are removed.

The time required for a tick to transmit a disease varies by the tick species and disease.



Dress to deter ticks:

- Light colored clothing
- Long sleeves and pants
- Pants tucked into socks
- Close toed shoes
- Permethrin (insecticide) treated clothes
- Deet (repellent) for skin



For more information visit www.cdc.gov/ticks or call CCE Chenango County at 607-334-5841

Graphics and information adapted from the Centers for Disease Control and Prevention

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NORTHEAST EXTENSION RISK MANAGEMENT EDUCATION

Cornell Cooperative Extension Chenango County