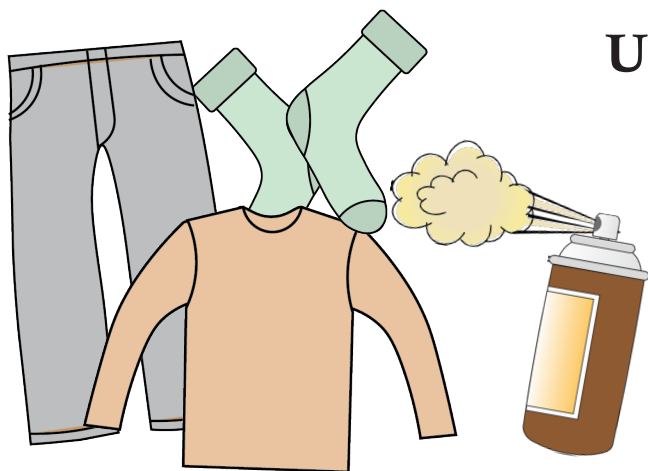


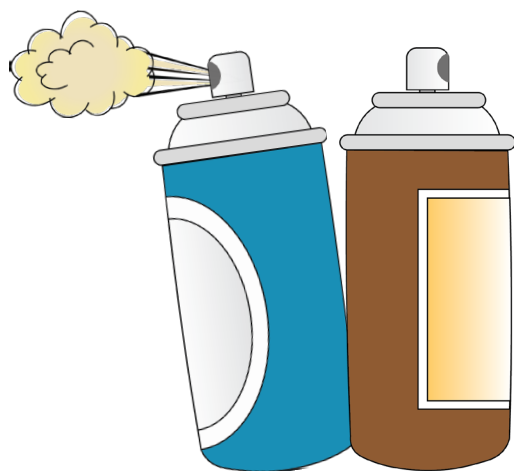
Repel Ticks & Avoid Disease



Use Repellents on Clothes: Permethrin

Studies show that permethrin treated clothes can reduce tick bites by as much as 73%. Treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings. You can also buy permethrin-treated clothing and gear.

Follow Product Instructions

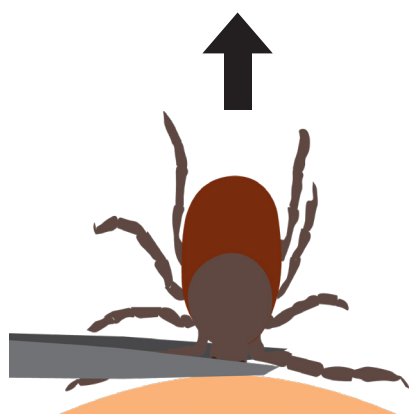


Spray Other Repellents on Your Skin

DEET and Picaridin can repel ticks by up to 89% and lemon oil of eucalyptus has also shown some tick repelling qualities. Use EPA registered insect repellents on your skin that contain DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.

Follow Product Instructions and DO NOT APPLY TO PETS

Remove Ticks Quickly: Risk is reduced the faster ticks are removed



1. Using **fine tipped tweezers**, grip the tick as close to the skin surface as possible.
2. Pull upward with steady and even pressure. Do not twist or jerk; this could cause the head to break off in the skin.
3. After removing the tick, thoroughly clean the bite area with rubbing alcohol or soap and water.
4. Dispose of the tick by putting it in alcohol, placing it in a sealed bag or container.

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Mark Your Calendar and Watch for Symptoms

Marking your calendar and paying attention to possible symptoms will allow you to make connections between illness and tick bites.

If at any point you are worried or have questions, call your doctor! Ask them all the questions you have about ticks and their associated illnesses.

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

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