



HEALTH TIP **PREVENTING**
TICK BITES

KNOW WHERE TICKS ARE LIKELY TO GATHER AND AVOID THEM

FIND A TICK?



REMOVE TICK with fine-tipped tweezers

CLEAN AREA



KEEP RECORD OF BITE DATE

LOOK FOR WARNING SIGNS OF DISEASE (RASH OR FEVER)



STAY CLEAR of tall, thick vegetation

WEAR LONG-SLEEVED SHIRTS and long pants when outdoors

SPRAY CLOTHING with .5% permethrin insect repellent

USE INSECT REPELLENT that contains at least 20 percent DEET, picaridin or IR3535 on any uncovered skin

CHECK YOURSELF AND CHILDREN for ticks daily. Favorite hiding spots: armpits, ears, belly button, waist, head, hair, between legs, behind knees



Franciscan HEALTH

SOURCE: U.S. CENTERS FOR DISEASE CONTROL AND PREVENTION