

TICK SAFETY QUICK TIPS



N

Note the type of ticks that spread disease in your area



O

Outfit yourself with light-colored, long sleeves and pants



T

Treat clothing and gear with permethrin



I

Inspect your body and your pets for ticks



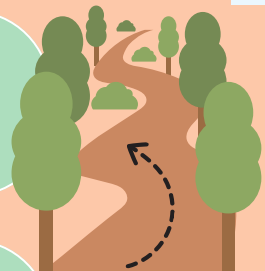
C

Choose to use EPA-registered insect repellent



K

Keep to the center of trails; avoid brush and tall grass



S

Shower within 2 hours after being outside to find/wash away ticks

