

BE TICK SMART

PROTECT • CHECK • REMOVE • WATCH



Blacklegged ticks spread nearly all tick bite illnesses in Vermont.

They are most likely to live in **wooded, grassy & brushy areas.**

Your chance of getting a tick bite is highest from **May to November**.

Talk to your doctor if you feel sick with **fever, aches, a rash**, or other symptoms.

How to prevent tick bites:

1. Use an EPA-approved **tick repellent** on skin.
2. Do regular **ticks checks** on yourself, family, and pets.
3. **Shower** soon after spending time outdoors.

HealthVermont.gov/BeTickSmart