**PROTECT**

Avoid areas where ticks live, such as tall grass and piles of leaves.
Use EPA-registered tick repellent.
Cover up to keep ticks off your body.

**CHECK**

Don’t let ticks come into your home on your clothing.
Check your whole body for ticks.

**REMOVE**

Remove the tick as soon as you can.
Use tweezers.

**WATCH**

Watch for symptoms of tickborne illness.
Tell your health care provider if you get symptoms.