

BE TICK  SMART

PROTECT • CHECK • REMOVE • WATCH

SAY YES TO THE OUTDOORS. SAY NO TO TICKS.



Whenever you spend time outdoors, it's possible ticks are nearby.

Take simple steps to protect yourself from tick bite illnesses:

- Wear tick repellent and ask your vet about products for pets
- Do regular tick checks (check your pets, too!)
- Shower soon after spending time outdoors
- Watch for symptoms after removing an attached tick



For more information, visit
HealthVermont.gov/BeTickSmart

 **VERMONT**
DEPARTMENT OF HEALTH