

**TICKS  
HIDE IN  
PLAIN SIGHT.**

**PROTECT  
AGAINST  
THE DISEASES  
THEY SPREAD.**

**BE  
TICK  
SMART**



**PROTECT · CHECK · REMOVE · WATCH**

Ticks have made their home in Vermont, and can spread serious diseases. Protect yourself when outdoors and check yourself after coming inside. Learn how to safely remove ticks and watch for symptoms at [HEALTHVERMONT.GOV/BETICKSMART](https://healthvermont.gov/beticksmart).