

PROTECT · CHECK · REMOVE · WATCH





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 the tick as soon as you can.
Use tweezers.



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



